IDENTITY CRISIS | Have we gone too far in letting kids change their gender?

NEW ZEALAND LISTENER

SEPTEMBER 10-16 2022

HOW TO SPOT A SCAM

The alarming human cost of rampant online fraud

MAKING *MURU*
The Kiwi blockbuster speaking truth to power

BAD NEWS
Our addiction to doom and gloom

BREAST CANCER
Is the system failing high-risk women?

NEW ZEALAND LISTENER
Te Kaiwhakarongo Aotearoa

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HAGEN HOPKINS

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Invisible cancers

Irregular bleeding, even when you're approaching menopause, isn't always normal, writes Marie Murray.

I have a hunch something is wrong. But the young doctor is dismissive and tells me that I am fine. I am in my mid-fifties and therefore my wonky periods are normal. I hear that word a lot: normal.

It is only after a routine Pap smear cervical screening that my concerns are taken seriously.

Endometrial cancer is one of the five main gynaecological cancers. Frankly, prior to my diagnosis, I was oblivious to all of them. Just 11 months previously, I had volunteered at the Breast Cancer Foundation's pink ribbon street appeal. Women are urged to watch out for breast cancer. We all know someone with a breast cancer story. To this day, I have yet to meet another woman who has had endometrial cancer.

I received my diagnosis three years ago this month, but the experience remains seared into my brain.

A follow-up procedure discovers polyps. It's such a sweet, soft-sounding word, yet abnormal growths of tissue are anything but sweet and soft. That my polyps shed atypical cells is what saves my life – although Pap smears are not meant to detect endometrial cancer, results can suggest an endometrial pathology.

September is Gynaecological Cancer Awareness Month. But awareness is lacking. Female reproductive-system cancers – cervical, ovarian, uterine/endometrial, vulvar, vaginal and the very rare fallopian tube – don't get much press. There are no "teal ribbon street appeals" and no "wear teal days". But I am okay with that. Cancer itself gets enough attention to make up for it.

What I am not okay with is that, despite sharing my concerns with several medical professionals, I am told my situation is "normal" – because I am of a certain age.

And I am not okay with being acknowledged only because a test meant to spot one problem discovered another.

Symptoms of gynaecological cancer vary. Endometrial cancer symptoms are not always obvious. After menopause, irregular bleeding is your one big go-to sign. Present this symptom during menopause, however, and you may be told irregular bleeding is "normal". It's your menstrual cycle shutting down. Reluctantly.

I am not convinced and suggest to young Dr Dismissive that a follicle stimulating hormone (FSH) blood test might be in order. My request is declined, and I feel silly for asking.

Six months pass and my period comes and goes. There is no particular schedule, which is also "normal" for a woman of my age, hanging on to every last drop. Sex, at times, is painful. But not to worry, I am informed, I am menopausal, it happens. I might as well be talking to a brick wall.

When I am told I have cancer, young Dr Dismissive is gone from the clinic, his rotation over. I long to let him know he was wrong.

When I am told I have cancer, young Dr Dismissive is gone from the clinic, his rotation over. I long to let him know he was wrong.

To be fair, once the cancer is diagnosed, treatment is swift and my care is brilliant. And wow, New Zealand nurses are simply amazing.

I have a radical hysterectomy and oophorectomy. All my bits and bobs are gone, with no further action required. I am one of the lucky ones. But cancer changes me.

Now and then, I hear from stupid people that endometrial cancer is the "good cancer". This is because endometrial cancer grows slowly and, for many, surgery cures all. Eighty per cent survive more than five years. But for the 20% who do not live, there is no such thing as being the "good dead". Cancer is cancer. And at times, I wait for its return.

I am also haunted: for not fighting my case harder; for not trusting my own intuition; for my ignorance; for letting young Dr Dismissive push aside my concerns.

Soon, we will wear pink for breast cancer. But first, dear ladies, before September fades, take a little time to learn about the five main gynaecological cancers. Know that vaginal bleeding is common in all gynaecological cancers, except vulvar. And that the difference between normal and sinister is not obvious.

Know your body. Learn the symptoms. And if you think on some level that something is wrong, don't be invisible. ▮

GETTY IMAGES

SUBMISSIONS for *Upfront* should be approximately 600 words long and should be sent to listener@aremedia.co.nz. Full contact details must be provided.

Peeling back the layers

I was interested to read your articles about adoption ("The ties that bind", August 13) and the tracing of relatives in David Cohen's "My Irish question" (August 27).

I was adopted in 1943 by loving parents. I was never told of my adoption by them or family members, who were given strict instructions never to divulge this fact. I found out by chance when I was 42, at a time when my dad had died and mother had early dementia.

I spent many years battling the strict "rules" of the British government to obtain my original birth certificate. At one stage, they advised me I needed "counselling" in London by one of their staff before they could consider giving me this vital piece of paper. Counselling by an equivalent person here in New Zealand was out of the question, they said – at a time New Zealand adoption laws were less draconian than Britain's and officialdom here was willing to help.

Eventually, I travelled to England and had the "counselling" interview. It lasted less than three minutes and I had the vital information in my hand.

Contacting my birth mother in England some eight years later, I was delighted, as she was, that I had made the effort to find her. Over the months, she and new cousins filled in their family history.

My birth mother was forced to give me up for adoption by her extended family and a lack of official support, much to her regret.

Recent DNA tests have, at long last, revealed who my birth father was, and again, new cousins and my research have provided details of his life and how the two met. It's been a rewarding journey, now written into my autobiography.

John Laker
(Tauranga)

LEADERS' LEGACIES

Former National Party minister Chris Finlayson ("Key witness", August 20) makes the comment that John Key, like Keith Holyoake, will be remembered as one of our great prime ministers. Absolute nonsense. Walk into any library to try to learn about

WINNING CAPTION

Mike Lynch, Upper Hutt

FINALISTS

***Caption:* The Manchester United talent scout sees great potential for Koulibaly as a goalkeeper.** – Bill Grant, Napier

***Caption:* Anisoptera chelseaii: Sapphire dragonfly.** – Ann Love, Nelson

***Caption:* Koulibaly denies taking performance-enhancing drugs.** – Joe Baker, Dunedin

***Caption:* "Tottenham goalkeeper in tears after Chelsea striker pokes tongue out at him."** – Bob Richardson, Christchurch

***Kalidou Koulibaly:* "It's all about how you hold your tongue."** – Kate Gore, Tauranga

***Caption:* Ebony and ivory celebrate in perfect harmony.** – Marie Curran, Dunedin

GETTY IMAGES

Caption competition
THIS WEEK'S PICTURE

Ukrainian President Volodymyr Zelensky, left, meets with British Prime Minister Boris Johnson on August 24 in Kyiv, Ukraine.

Caption Competition {listenercaption@aremedia.co.nz}

TO ENTER Send your captions for the photo at right to listenercaption@aremedia.co.nz, with "Caption Competition No 477" in the subject line. Alternatively, entries can be posted to "Caption Competition No 477", *NZ Listener, PO Box 52122, Kingsland, Auckland 1352*. **Entries must be received by noon, Tuesday, September 13.**

THE PRIZE Close, intense domestic observations merge with the philosophical in this collaboration between poet Lynley Edmeades and painter Saskia Leek. The fourth in the kōrero series of "picture books for grown-ups", edited by Lloyd Jones.

the glorious achievements of the 1960-1972 Holyoake government. It was a period of unbelievable stagnation and of sweeping all social progress under the rug.

People alive at that time recall utter boredom, yet often have vivid memories of the 21 action-filled months Norm Kirk was in office after Holyoake.

John Key and his government will likewise disappear into the rubbish bin of New Zealand history, remembered only for skyrocketing house prices and rents and doing nothing about either.

It is interesting to note Finlayson's fascination with Margaret Thatcher, a person loathed by ordinary UK people during her life and at her death, and put in office only by the first-past-the-post voting system.

Selina Todd, Oxford University modern history professor, wrote that in 1997, "One in six Britons relied on state benefits to survive, a higher proportion than in any other western European country, and three times that of Germany." That, and Brexit Britain, is Thatcher's toxic legacy.

Brendon Bonner
(Porirua)

Shame on Labour for not advancing Chris Finlayson's legislation to tackle the eternally tricky issue of rural Māori land reform.

Māori well know that their being able to aggregate and/or more productively use their often small rural landholdings would benefit them financially and socially.

Neil Keating
(Auckland)

LOST IN A STORM

One must commiserate and feel for the people of Nelson devastated by the recent floods.

Your correspondent Dr John Moore (*Upfront*, September 3) simplifies the causes of the flooding as some sort of retribution for not reducing our carbon footprint in the recent past.

Not long ago, the people of Westport suffered two painful floods. I lived in Ōpōtiki in 1962 and saw floods inundate virtually every house in town. I also lived in Tākaka in 1983 when floods devastated that town.

Similar floods have attended many other towns since we started to occupy this country. We have constructed stopbanks and installed coastal protection works all over New Zealand, with varying success; they were built to protect against exactly the type of events witnessed in Nelson.

Maybe successive Nelson politicians have exacerbated the damage by supporting development on unstable hillsides.

Moore advocates changes to lifestyle and use of resources to provide solutions.

We should remember we live in the Roaring Forties, an environment of polar currents, strong westerlies, cold winter temperatures and high rainfall – just the place for extremes of weather.

I consider our weather is highly influenced by changes around the world, especially those caused by the major environmental polluters. Until the world, and those polluters in particular, change, our actions are unlikely to have any significant effect.

I believe we would be better advised to continue our own protection initiatives against the effects of these weather events. Let's fund stopbanking for Westport as priority No 1.

David Miller
(Blenheim)

LETTER OF THE WEEK

Dr John Moore suggests controlling or stopping the marketing of all carbon-intensive products to reduce emissions. Will those measures go far enough?

The Nelson floods, although catastrophic for many, are minuscule on a world scale. Look at the droughts in Europe, China and the US, the forest fires in many nations and, most recently, the totally devastating floods in Pakistan.

By all means, stop advertising harmful activity such as international tourism, but let us also consider quicker reductions in our use of fossil fuels. If the free market does not deliver them, then decisive government controls will be needed, such as petrol and diesel rationing.

We can successfully deal with climate change, but only if we make it our No 1 priority now and for many years to come.

Colin Bell
(New Plymouth)

"I didn't get the security guard job, Dad, but they've short-listed me as a bollard!"

PARRY JONES

Letters to the editor {listenerletters@aremedia.co.nz}

The Editor, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

- Letters must be under **300** words. Preference is given to shorter letters.
- A **writer's full residential address** is required on all letters, including emails. A phone number can be helpful.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation.

Quips & Quotes

"Human beings of any age need to improve themselves. The bad times in history come when they cannot." – *Barbara Tuchman*

"A great deal of intelligence can be invested in ignorance when the need for illusion is deep." – *Saul Bellow*

"I have the simplest tastes. I am always satisfied with the best." – *Oscar Wilde*

"A smile is a curve that sets everything straight." – *Phyllis Diller*

"I'm British; pessimism is my wheelhouse." – *John Oliver*

"You learn a lot about your family when you spend 12 hours in a car together. For example, I learnt my family shouldn't spend 12 hours in a car together." – *Seen on Twitter*

"I want my words to survive translation." – *Kazuo Ishiguro*

"Art is not what you see, but what you make others see." – *Edgar Degas*

"Experience is a hard teacher because she gives the test first, the lesson afterward." – *Vernon Law*

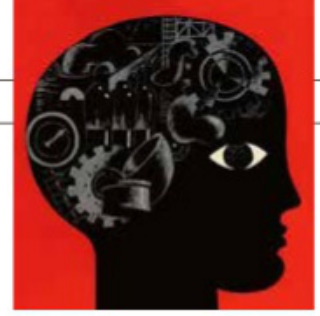
"The only creatures that are evolved enough to convey pure love are dogs and infants." – *Johnny Depp*

"Good questions outrank easy answers." – *Paul Samuelson*

"So it turned out that power was the quality of knowing what you liked. An odd thing for power to be." – *Eve Babitz*

10 Quick Questions

by GABE ATKINSON



1. Michelangelo's statue of *David* holds an object over his left shoulder. What is it?
- ❑ *Spear*
- ❑ *Loin cloth*
- ❑ *Crown*
- ❑ *Sling*

2. Which of these airlines operated domestic flights in New Zealand from 1987 to 2000?
- ❑ *Virgin Australia*
- ❑ *Ansett New Zealand*
- ❑ *Freedom Air*
- ❑ *Pacific Blue Airlines*

3. Which of these terms was used to describe a rite of passage for wealthy Europeans that ended in the 19th century?
- ❑ *Great excursion*
- ❑ *Fancy jaunt*
- ❑ *Magnificent voyage*
- ❑ *Grand tour*

4. The influential jazz musician Buddy Rich was considered a virtuoso with which type of instrument?
- ❑ *Trumpet*
- ❑ *Drums*
- ❑ *Saxophone*
- ❑ *Piano*

5. Which of these animals was formerly used by Australian police for patrol duties and transport?
- ❑ *Zebra*
- ❑ *Water buffalo*
- ❑ *Camel*
- ❑ *Red kangaroo*

6. Which of these terms describes birds that spend a lot of their lives on the open ocean?
- ❑ *Demersal*
- ❑ *Benthic*
- ❑ *Pelagic*
- ❑ *Intertidal*

7. An 1894 adventure novel by Anthony Hope concerns a future king who is held prisoner in a castle. What is the castle's name?
- ❑ *Gormenghast*
- ❑ *Colditz*
- ❑ *Château d'If*
- ❑ *Zenda*

8. What is the condition called varicella also known as?
- ❑ *Chickenpox*
- ❑ *Mononucleosis*
- ❑ *Epstein–Barr virus*
- ❑ *Herpes simplex*

9. Which of these comedy films was NOT directed by Mel Brooks?
- ❑ Young Frankenstein
- ❑ Flying High!
- ❑ Spaceballs
- ❑ Blazing Saddles

10. Which of these words best describes a smokejumper?
- ❑ *Firefighter*
- ❑ *Tobacconist*
- ❑ *Daredevil*
- ❑ *Arsonist*

Answers on page 58.

CULTURAL BOUNDARIES

I thank Roger Hall for his interest in my book *Culture in a Small Country* (*Letters*, September 3). But I regret that he called my brave publisher "irresponsible" because there were some gaps. When the book became too large, I agreed to limit it to the five areas of the arts that I knew best and in which I had gained some personal experience. I made it clear in the introduction this was not meant to imply that those areas were "the most important".

And I can confirm that the chapters on theatre and on the other arts are available online, free to all, in the "News" section of the Atuanui Press website.

Roger Horrocks
(Grey Lynn, Auckland)

PANDERING TO THE MASSES

Keith Burgess writes (*Letters*, August 27) that both the Act and National parties appeal to the "angry and racist" section of our society. May I point out that they can also appeal to the calm, thinking, liberal, democratic, anti-racist, multicultural citizens of society.

Kenneth Ward
(Woburn, Lower Hutt)

PYRRHIC VICTORY

Years ago at a Green Party conference, an organiser said to me, "Organising Greens is like herding cats". It was said with a certain admiration, quite different from the humourless hysteria from many commentators following the Greens' recent leadership vote.

At least Tony Kunowski (*Upfront*, August 20) allows the notion that the Greens can now adjust their messaging. But he still has the focus on the Greens, when the real story is the somnambulistic priorities of the Labour government pandering to the desperation of the electorate on climate change.

The problem the Greens have goes back to the decision to join in coalition with Labour after the last election. That has forced the party to swallow its message that only fundamental change in the way society orients itself toward the ecosphere will combat climate change.

Aotearoa New Zealand desperately needs the Greens to speak out against the greenwashing of the Zero Carbon Act. It could be transforming. Although the electorate still wants to hide from climate change, there is no assurance that will always be the case. It's a "Who are we?" question.

Richard Keller
(Wellington)

Tony Kunowski's observation about Green Party votes being of no consequence unless they

have bums on parliamentary seats is one I share.

James Shaw is trying hard to steer a middle ground, as he may recognise that former Values Party and current Greens supporters are getting on a bit and tending to have more conservative attitudes. A 4.9% voice is nothing, while a 5.1% voice is a game-changer.

David Renwick
(Motueka)

WEDDED TO THE FLESH

In his *Psychology* column (September 3), Marc Wilson writes of an association between conservative views and resistance to switching to a meat-free diet. This makes sense if we consider that political conservatism is based on the feeling that, however bad things may be, it is only too easy to make them worse.

In epidemiological studies on overseas populations, meat avoidance has been associated with a doubled rate of anxiety, depression and self-harm. It would be relatively easy to collect data on this association in Aotearoa New Zealand.

Given that mental health may still be a more serious problem than political preference, this might be useful work for our psychologists.

George D Henderson
(Huia, Auckland)

TAIWAN & CHINA

I was pleased to read Charlotte Grimshaw's "Air-punching" (*Diary,* August 27) regarding China's recent aggression towards Taiwan.

From a colony to a totalitarian regime and finally a democratic state, the Taiwanese people have fought long and hard. Every page of recent Taiwanese history is soaked with blood and tears.

However, China is now threatening to take away the hard-earned and well-deserved democracy from Taiwan. I am glad to see someone in New Zealand finally speak out for the underdog. Bullying doesn't happen only with politicians.

Name & address withheld

"BIOFUEL BLUNDER"

David Keat's article (*Upfront,* August 13) contained every exaggerated reason the biofuel mandate (and arguably biofuels themselves) is bad. Biofuels are New Zealanders' get-out-of-jail-free card as the volume of fossil oil recoverable globally declines. New Zealand is one of the few countries in the world that could replace and produce all its liquid-fuel energy needs with locally produced, sustainably grown second-generation biofuels.

A high-speed, heavy-duty line-haul truck on a return trip from Wellington to Auckland will consume upwards of two barrels of diesel fuel (500 litres), and how many trucks do that every other day?

A large tractor harvesting potatoes will consume as much diesel a day as a line-haul truck. If that tractor (and the rest of them) run out of the energy-rich hydrocarbon diesel fuel that powers them, that will make a lot more people starve than the production of biofuels ever would by displacing food.

I agree that the mandate might not be the best way for the government to get biofuel into liquid fuel. What you do is target a captive market, such as the Cook Strait ferries, one of the largest users of fossil fuels in the country, and able to run on entry-level biofuels.

Think about the jobs making fuel would create, and the difference to the trade deficit. I don't understand why decision-makers don't get this.

Leigh Ramsey
Managing director, Blended Fuel Solutions NZ

In reply to Peter Hall's response (*Letters,* September 3) to my column, we agree on most things but differ on a few key essentials.

Don't Burn Our Future opposes the government-imposed mandate, not biofuels in principle. We both agree that when the mandate is imposed next April, New Zealand will not be producing the required volumes of biofuel, so we will need to import.

However, the draft criteria and procedures to ensure sustainable imports are copied directly from EU legislation. The EU itself reports that despite the criteria, most EU biofuels are still food, not waste.

We see no reason to believe New Zealand will be any more successful. This will see this country contributing to deforestation, increased emissions and food crops used for fuel.

If the government wants to support a domestic industry based on wood biofuels, the correct means is a direct subsidy, as they are doing for hydrogen. Mandates overseas over several decades have not produced significant volumes of second-generation biofuels. Instead, they have created environmentally destructive industries based on food crops that lobby hard to keep mandates in place.

The barriers to creating the large-scale wood biofuels industry Hall envisages are large, but the development can still be pursued. The reality is it doesn't exist now, and a mandate is not the way to realise that vision.

David Keat
(Auckland)

COACH'S SCAPEGOATS

Contrary to Paul Thomas' assertion ("Dropping the ball", September 3), it is less Ian Foster's coaching record than the manner in which he has achieved it, and his continued search for scapegoats, that has exercised Thomas' fellow sporting scribes – and many of the rest of us.

Thomas' ad hominem attack on David Moffett is also disappointing. In the context of Foster's performance as a coach and selector, Moffett's "intemperate opinions" strike me as entirely justified.

John Redwood
(Murrays Bay, Auckland)

STEMMING THE EXODUS

Bill Ralston (*Life,* August 20) laments the state of the economy, the health system and the education system. Throw in the significant infrastructure deficit, and it is no wonder 200,000 New Zealanders have made plans to leave the country.

He goes on to say that there is no miracle cure for this – but there is a cure.

Governments will never be able to spend to provide the First World infrastructure, health and education required to keep us at home unless they get the revenue side of the fiscal policy equation right. This balance will never occur until a capital gains tax is introduced.

Peter McCall
(Dunedin)

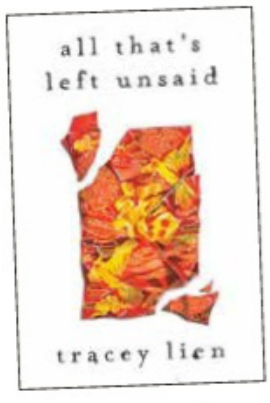
STANDING ROOM ONLY

"Standing desks in an office can reduce the amount of time workers spend sitting" (*Health briefs,* September 3). How many researchers did it take to work that one out?

Roy Lilley
(Blenheim)

Letter of the week prize

An unflinching debut following a young Vietnamese-Australian woman who returns home to her family in the wake of her brother's murder, determined to discover what happened. An exploration of the bonds and obligations of friendship, family and community that is also political.



JONATHAN KRONSTADT

An object lesson

My high school's name was recently changed from Woodrow Wilson, a former US president and huge racist – remind you of anyone? – to Jackson-Reed High School. The first part of the new name is in honour of Edna Burke Jackson, the first African-American teacher at the school and easily the best teacher I ever had.

Mrs Jackson was a 1.45m force of nature, and I loved her as much as I've ever loved anyone who consistently frightened me. She was innovative, challenging and tireless, even though she'd been teaching for almost 40 years by the time we met. Mrs Jackson and I shared space in a school that was horribly overcrowded with students, most of whom came from intensely challenging circumstances and had no interest in being there. I took a class from her in each of my three years, and somehow she managed to not only keep my interest but start me on the road to becoming a critical thinker and reasonably engaged planet Earth citizen.

In a perfect world, every student would have a dozen Mrs Jacksons, and teachers would be among any nation's highest-paid and most respected professionals. Sadly, in the US, we are systematically running them out of the building, using a potent cocktail of lousy pay, worse working conditions, crazed parents, intimidating school boards and the prospect of catching a deadly disease.

We've been working towards a supply crisis in teaching for decades now, and Covid just let it skip a few grades. Many are taking early retirement, exhausted and numb after two and a half years of remote teaching, then masked teaching, then maybe remote again, all the while being increasingly attacked and undermined by those who should be their biggest cheerleaders – parents and school board members.

Edna Burke Jackson: innovative, challenging and tireless.

COURTESY OF PAULA DUCKETT AND WILSON YEARBOOK

Opportunistic politicians have used the twin bogeymen of critical race theory and LGBTQ+ content to make parents paranoid.

Opportunistic politicians have used the twin bogeymen of critical race theory and LGBTQ+ content to make parents paranoid and frustrate teachers' prime objective: to develop the kind of critical thinkers who make good decisions, care about others, and consider a world beyond their postal code. Some parents – virtually all of whom have no training in the field of education, or even child-rearing, for that matter – have decided teachers are obstacles to be overcome, rather than partners whose default position is to do whatever's best for their kids.

All this is why, in a recent survey, 82% of teachers said that educators at their workplace had become targets of political and ideological attacks, likely a prime reason the same survey found 74% would not recommend becoming a teacher.

It shouldn't have to be said that teachers deserve to be admired, appreciated, respected and rewarded. But then again, a lot of things I thought were self-evident signposts of the American experience, like a desire for progress, seem questioned by many of us these days. The problem is, children don't make anybody any money, so those who've chosen to make them their life's work are financially punished for their folly.

More than 90% of US teachers spend their own money on classroom supplies, an average of almost $500 a year. And in a uniquely vivid statement of our backward priorities, our tax code allows them to deduct roughly half that total, while business executives can deduct the entire annual cost of a private jet. One of our current president's best lines is, "Show me your budget, and I'll show you what you value." Sadly, our budget shows we simply don't value children or the people hired to care for them.

A participatory democracy, something at least for now we still lay claim to, relies for its health on an informed electorate of reasonably critical thinkers. Clearly, with a solid third of Americans still believing the 2020 election was stolen, our democracy is already on life support. The path to democratic recuperation is equally clear: we need better voters, and lots of them. But without a new generation of well-paid, well-trained and well-supported teachers to tend the next generation of voters, our democracy may flunk out. ▮

Jonathan Kronstadt is a freelance writer working in Washington DC.

CHARLOTTE GRIMSHAW

Three ordinary women

Three ordinary women met at an Auckland house. It was a stormy mid-winter afternoon, and they were going to drive their old friend to rehab.

There had been a problem with the car. The spacious one had broken down and they were already running late, so they would have to use the only other car available, an elderly lady's ancient Toyota, so tiny it wasn't much more than a golf cart. Two of the four were above averagely tall, and there would be luggage.

One of the friends had come straight from a special occasion at work, and in her hurry to get to their meeting had left behind her change of clothes. For the work occasion, she'd chosen a fashionable shirt with exceptionally full sleeves. Later she would say, "I walked into the rehab looking like Anna Karenina."

The three women knocked and their friend emerged, carrying his suitcase. He was sweating, tense and quiet. They conferred about how to fit into the car. The two shortest crammed themselves into the back. There was no room in the boot, so the man put the case on his lap and sat hunched with his arms wrapped around it. They set off, talking over each other: "I can hear the wheel rims scraping. Do you think it'll get us there? Where is the place anyway?"

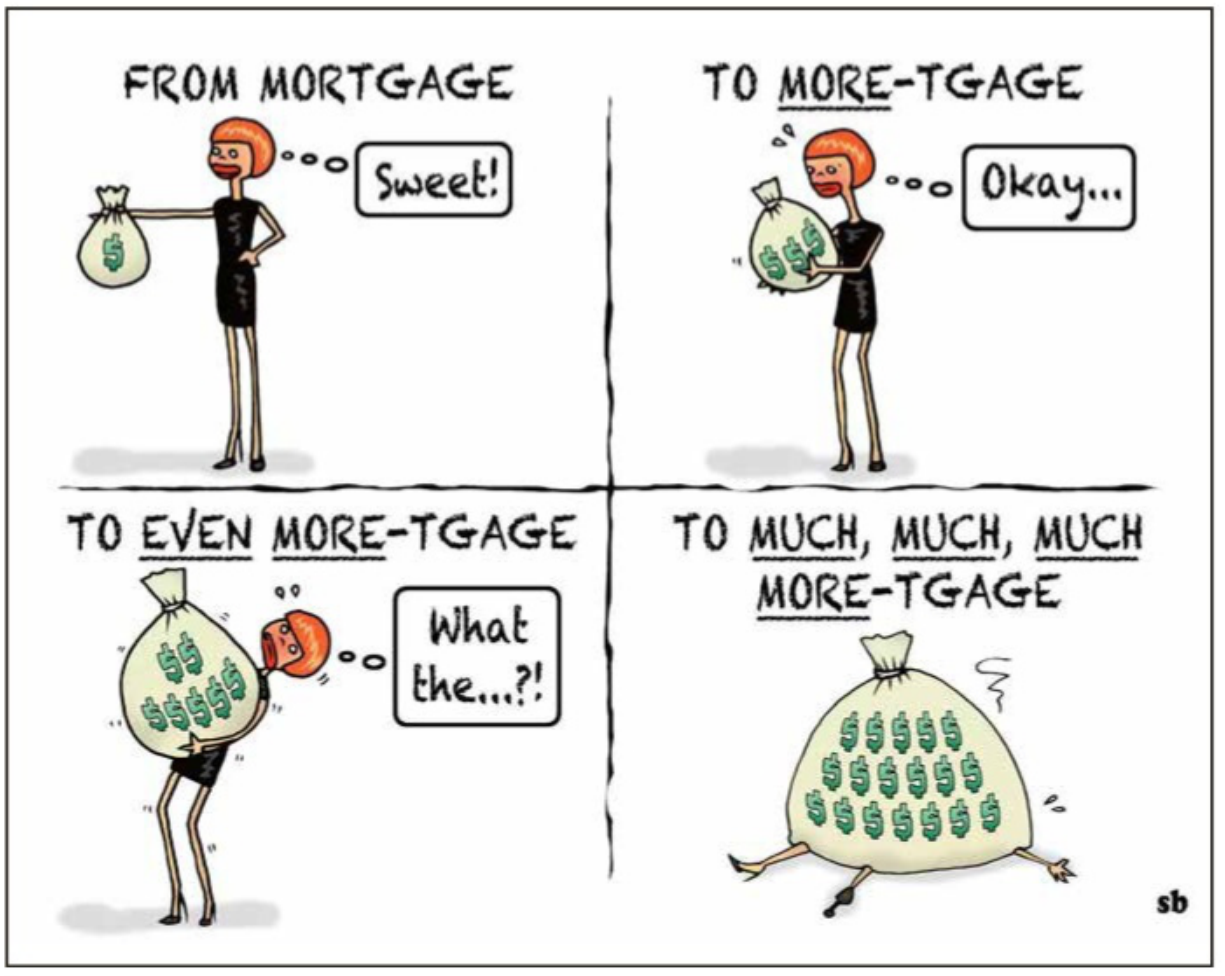
They were heading north. The rain lashed down and wind buffeted the tiny vehicle. The women in the back shifted awkwardly in their squeezed positions. They sat in humorous suspense as the car struggled to the top of a long hill; there was applause and snorts of laughter when they reached the top. There were jokes about the giant sleeves, complaints of cramp. Their friend hunched over his case and said, "This feels like a movie. I'm not sure what kind. Maybe a comedy."

"Definitely a comedy," they all said bravely, and for the next few kilometres they discussed what the comic movie should be called. The rain roared so loudly they had to shout, the wipers swished but didn't clear the windscreen, and the world was full of whirling water. The wind slammed the little car; they felt how light it was, how powerful was the force they were driving against.

road, they assumed. But it was so steep. "Lean forward everyone," the driver commanded, and stamped her foot on the gas. They chugged to the top of the hill and came to a dead end.

After a short tour, they ended up in a meeting room where the man stared at a sign listing the Twelve Steps.

On a rural road with flooded paddocks in all directions, they stopped and consulted the phone. It seemed as if the computerised voice was telling them to turn left, into swampland. They set off again, and the phone directed them up a lane. Now ahead of them were two steep, narrow roads, one sealed and one unpaved. Surely it would be the paved



They turned, coasted down.

"I could get out?" the man offered, but the driver stepped on it again; they got to the top and there it was. They got out of the car and the storm hit them, knocking them sideways.

After the introductions, after a short tour, they ended up in a meeting room where the man stared at a sign listing the Twelve Steps. The three women noticed his expression; they knew him so well. They all spoke at once: "You'll like it here! Don't argue with the tried and true! God's just a metaphor!"

The storm rattled the windows. They'd driven against it, all four of them; they'd got this far. But they felt it out there, something wild and unstoppable, unleashed and ungovernable, beyond all control. ▮

Charlotte Grimshaw is an Auckland author and critic.

STEVE BOLTON

BILL RALSTON

Youth gone wild

Chris Hipkins, the new Police Minister who picked up the job in the June cabinet reshuffle, has always struck me as a reasonable, hard-working, competent guy.

Despite these admirable traits, he must have been slightly twitchy when he read the briefing paper given to him as incoming minister.

It pinpoints a growth in organised crime, driven by deportations of criminals from Australia and the expansion of homegrown gangs. The paper says the biggest part of organised crime's business is "illicit drugs". Because we have some of the highest wholesale and retail drug prices in the world, organised crime syndicates are attracted like flies.

The supply of illicit drugs, it concludes, feeds the increase in addiction and mental-health issues, which in turn leads to other crime such as burglary and theft.

Whatever the reason, one area of "disorganised" crime is going ballistic. Ram raids have increased by 518% in the first six months of this year, when compared with 2018, according to National.

In May, the government announced a $6 million fund to help businesses vulnerable to ram raids install devices such as bollards and fog cannons as a deterrent.

Hipkins, with his background in fighting the Covid-19 outbreak, might recognise the symptoms here. Such crime is also a virus – it spreads and feeds and grows.

To stretch the metaphor even further, the "virus" can be fought through vaccination – bollards and fog cannons are like the Covid shots. They give some protection and, even if infection does occur, the deleterious effects are usually much less.

The trouble is, apparently, accessing that fund. Act's David Seymour claims business owners are complaining to him that the police decide who is eligible for the cash: "It seems to be part of the criteria is that you have already been ram-raided. So, to be eligible for protection from ram raids, you first have to be ram-raided."

To return to the Covid analogy, that would be like the government demanding you get Covid before you can be vaccinated.

The Nats claim that, since May, only five stores in the whole country had received money to "beef up their security".

This crime virus is targeting the young. Hipkins' briefing document showed that youths aged 15-19 and 10-14 were apprehended for burglary more than any other age group. Nearly one in five ram-raiders caught is under the age of 13. That is staggering.

It may be that young kids are dumber in the ways of crime, and more prone to error while committing it than their older colleagues, which is why they get caught. But it is still an alarming fact that they are even trying to steal in those numbers.

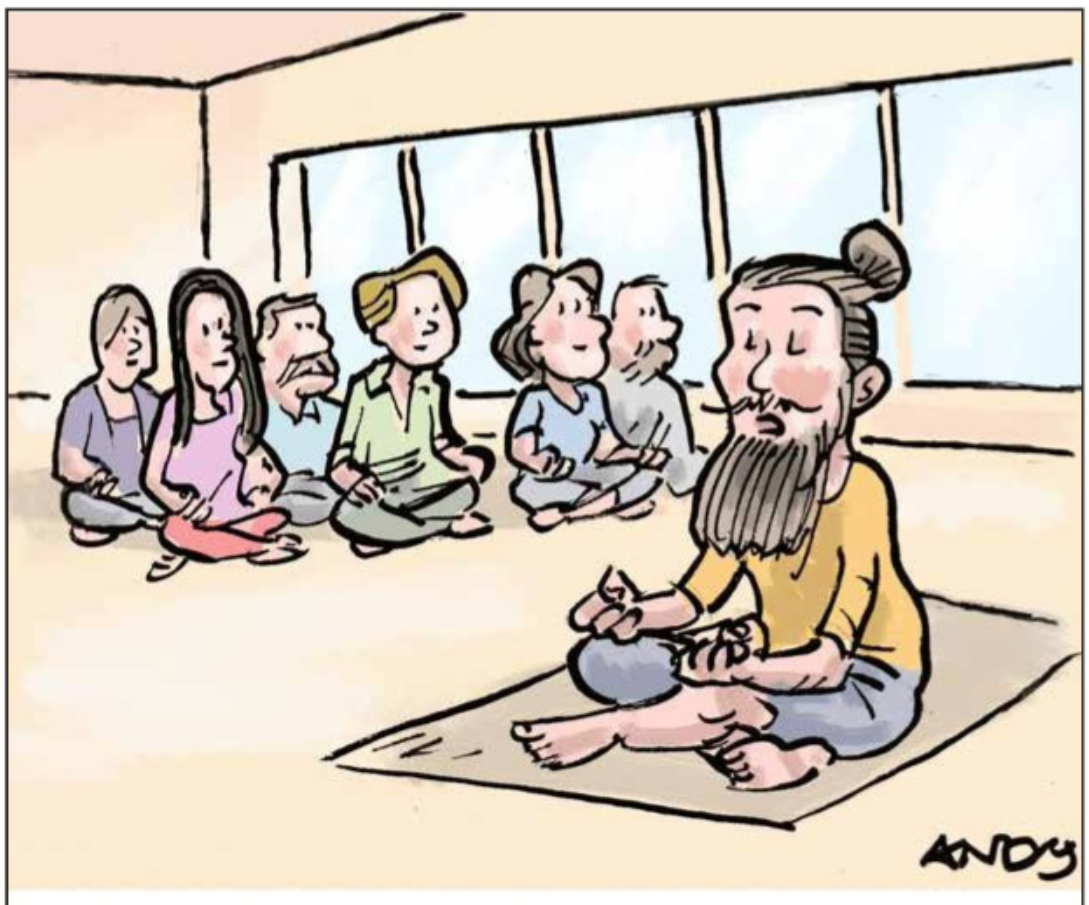
Nearly one in five ram-raiders caught is under the age of 13. That is staggering.

In mid-August, Hipkins told Parliament that 129 ram raids had been recorded since May this year, with 38 offenders identified or arrested, almost all of them under the age of 18.

Prime Minister Jacinda Ardern said in Parliament that she disputed the suggestion that "overall we have a proliferation of criminal acts by young people because there has not been evidence to suggest that". I'd suggest she talk to Hipkins, who seems to have that evidence.

His briefing document tells the story. Organised crime feeds other "unorganised" crime that in turn breeds a surge in youth crime.

We have a government in denial of the facts. ▮



"If you want to find yourself, it's always in the last place you look."

ANDY TRISTRAM

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STEPHEN DAVIS

Crying over spilt miraka

I have been thinking about my generation.

This is a group who were mainly born in the 1950s (1957 for me) and are now collecting their pensions.

They tend to be better off than the population as a whole and more likely to read a newspaper or magazine, and to own their own home.

They are politically influential as they are much more likely to vote than the young. They tend to be politically conservative, and some are angry – for no particular reason.

Because they are angry, they are prone to believing and passing on misinformation and disinformation, which is distorting public debate.

I genuinely cannot understand why people of my age, who look like me – white, middle-class, male – would even pay attention to the labelling of a bar of chocolate, never mind get upset about it. But Whittaker's relabelling its milk chocolate block Miraka Kirīmi, for Te Wiki o te Reo Māori, sent some of them into a foaming rage.

More importantly, a session at the just-completed Auckland Writers Festival discussed the often-hostile public reaction to the document called He Puapua.

In 2010, the National government signed the UN Declaration on the Rights of Indigenous Peoples. In 2019, the Labour government set up a working group tasked with creating a plan to realise that commitment. The result was He Puapua, a discussion document whose title refers to the break between waves – a disruption to political and legislative norms.

It became a political football, with some seeing it as a serious threat to Aotearoa.

The session featured two of the working-group members who developed He Puapua – writers and lawyers Claire Charters and Jacinta Ruru.

The document is a set of ideas and suggestions: a recommendation that te reo Māori be made compulsory in primary schools, for example, or that we should have specific health and courts systems for Māori.

You can debate these ideas, but anyone who has read He Puapua (I suspect not many have gone beyond the headlines or the tweets) can see that the authors' goal is a better society for us all.

Inevitably, some politicians tried to whip up opposition by using disinformation about it being some kind of plan to destroy democracy. The people they were appealing to, by making them angry, were my generation.

Blockheads: the renamed Whittaker's chocolate that angered some New Zealanders.

Angry old people turn out to vote, a fact well understood by politicians.

Angry old people turn out to vote, a fact well understood by politicians.

The contest to replace Boris Johnson as UK prime minister has been marked by staggering amounts of disinformation from the two candidates, Rishi Sunak and Liz Truss.

The people they are appealing to, just under 200,000 Conservative Party members, are more likely to be older, male, white and living in the more-prosperous south of England than the general population.

More than three-quarters backed Brexit, against 52% of voters as a whole.

The group are much better off than most – about 80% are "ABC1", the name of the highest-paid and most-educated demographic group, compared with 57% of Britons as a whole – so they should have less to complain about.

But it seems easy to make them angry and scared about things that will have very little effect on their daily lives.

So it is in Aotearoa, with this demographic spreading stories about UN plots and the Māori takeover of "our" water – when not losing sleep over chocolate bars.

The writers festival panel were extraordinarily generous in saying we should keep having these conversations, that we could reason with such people.

I am not so sure.

But since I started writing this column, I have been flooded with invitations to speak to New Zealand groups who are part of the University of the Third Age movement, dedicated to continuing education. They want me to come and talk to them about how to combat mis- and disinformation.

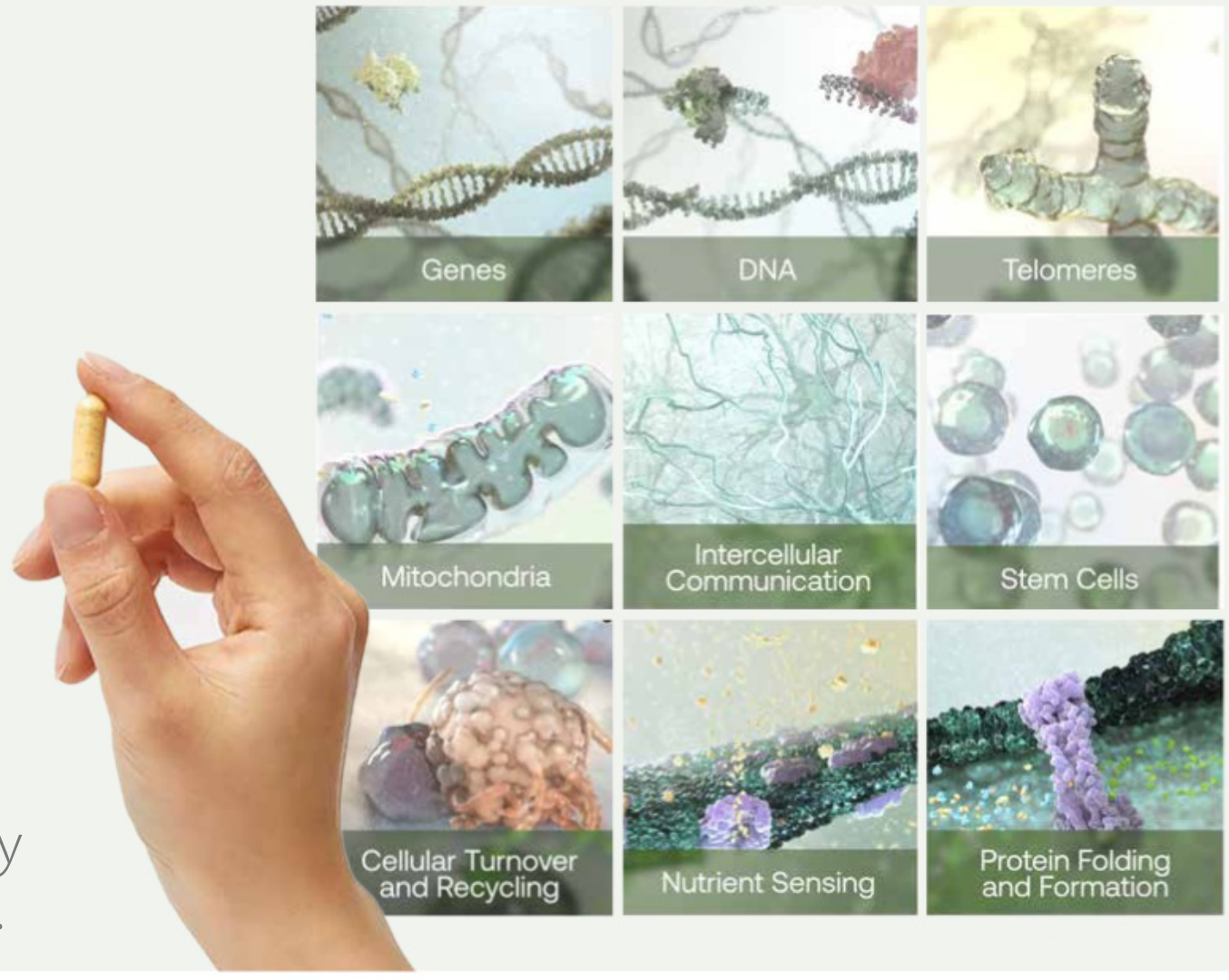
I often do a quiz at these talks, and in future, I will be offering chocolate bars as prizes. ▮

Stephen Davis is a Dunedin-based investigative journalist, educator and author.

SPONSORED CONTENT

Turn back time

The pioneering Kiwi company helping people stay younger for longer.



KIWI CELLULAR HEALTH expert Greg Macpherson is in the business of helping people age well. A biotechnologist, pharmacist, futurist, and the author of *Harnessing the Nine Hallmarks of Ageing*, Macpherson is the founder of a company formed for the specific purpose of challenging the way people think about and experience ageing. "The idea," he says, "is to die old as young as possible."

Understanding how and why we age is the key, he says. What is still largely unknown is that there can be significant difference between your chronological age – the number of birthdays you have had – and your cellular age, a newly developed measure that identifies the age your cells are acting. When your cells are acting older than your chronological age, you have a higher chance of encountering some health conditions.

When he first read a paper about the hallmarks of ageing published a decade ago, "I saw nine targets we can look at to support health and wellbeing as we age," says Macpherson. "And it's completely possible, it's pretty exciting." What followed was years of research into the highly complex subject of cellular functions and the effect of age on them. Although the evidence was compelling, he saw that no one was yet creating products that specifically target the nine hallmarks. That realisation was the genesis of the company SRW Laboratories (Science Research Wellness) he founded two and a half years ago.

> *"We're starting to understand what's going on at a cellular level."*
> *– Cellular health expert Greg Macpherson*

THE INNOVATIVE PRODUCTS

SRW has since formulated in collaboration with leading global experts, and which are now undergoing human studies, are manufactured in New Zealand, and distributed to 12 overseas markets including the United States and China.

"As a society, we're ageing well compared to previous generations. And now that we're starting to understand what's going on at a cellular level, we can be much more proactive around how we are ageing," he says. "SRW aims to challenge people to think about how they're ageing and then to consciously age well, because it's something we all can easily do." SRW Laboratories' nutrient line, the Cellular System Range, supports the maintenance of normal physiological functions with a focus on cell physiology and function.

THE RANGE INCLUDES

three supplements: Cel[1] Stability, Cel[2] Nourishment and Cel[3] Renewal, which are formulated to support the maintenance of normal cell functions and overall health and wellbeing at the specific time in your life that you need them. Central to the Cellular System Range is DNA[age], a saliva-based at-home DNA test which determines your CELLULAR AGE and lets you know if you are ageing well compared to others, or if your cells need further support. DNA[age] is not intended to provide health information or medical data, or to be used to screen, diagnose, treat, prevent or assess risk of any disease or condition.

Aside from the obvious personal advantages, Macpherson points to international studies that demonstrate the economic benefits of wellness. "Statistics show that if we improved the average person's health span by just one year, the net benefit would be $37 trillion, globally. The value of keeping people well for just one year longer is massive," he says. "That's why there's such a huge amount of energy going into the space right now. Thought leaders are realising that the health conditions associated with older age are merely a syndrome of ageing."

Simply put, everyone can take action to live a healthy life. "And fundamentally, that's what it's about. More time to do the things you love and spend time with the people you love."

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JANE CLIFTON

Cautionary tales

The government has been slow to realise that severely unpopular policies threaten its chances of re-election.

This isn't quite how Aesop put it in one of his famous fables, but be careful what you wish for, because if you ever get it, chances are you'll have forgotten you ever wanted it and it'll be a major pain in the behind.

After years of everyone bewailing the housing shortage, the government's mighty turbocharger of rapid home building, the Urban Development Act (UDA), has finally lumbered into action. Well, "action" in so much that it has finally found its first housing-acceleration project after two years in existence, and may preside over its first sod turning in another couple of years, all things being equal. That this time frame seems no improvement on the glacial pace of housing preceding the UDA is only one of the embarrassments to result.

By the time those 6000 "fast-tracked" houses are built, near Porirua north of Wellington, New Zealand will almost certainly be in housing surplus. Many economists say we're already there.

What this proves, if little else, is that nothing can hurry our resource-consent bureaucracy – not even another bureaucracy superimposed over the top of it, with sweeping powers to overrule it. UDA implementer Kāinga Ora has been given a slew of "collaborative" criteria that are so extensive it has taken two years to find a development it can agree to. It turned down one in South Auckland because it "couldn't add value" to what developers and local stakeholders were already doing.

By the time 6000 "fast-tracked" houses are built near Porirua, we will almost certainly be in housing surplus.

As far as voters knew, the whole point was to add value by speeding things up, chiefly by napalming local red tape. The updated narrative is that the UDA's job is to "streamline". Apparently, this doesn't necessarily mean making developments happen faster. It has even been suggested it would be quicker to take a project straight to the Environment Court than go through the UDA's development process.

Never mind Aesop, this is Lewis Carroll territory. Such post-facto semantics were also employed when Wellington's "smart" motorway proved not to shave much, if anything, off commuter times, so was rebranded as a means to make transport times "more reliable" rather than faster.

In this context, apparently, reliable doesn't mean no more snarl-ups, or that when it says "60" on the overhead gantries, it's necessarily possible to travel at that speed. "Reliable" means drivers can depend on things to be as unpredictable as before, only with merely aspirational overhead instructions to give them something else to fume over.

David Parker, left, and Michael Wood.

CHOKE ON THIS

Newer in the realm of perversity comes a proposal to allow councils to, among other things, close school streets to private vehicles during drop-off and pick-up periods. Anyone travelling through Auckland during school holidays can attest how much freer traffic flows become. And drop-off/pick-up traffic confusion is undeniably dangerous, not least to children.

But the proposal seems likely to add another variety of road rage for already-harried parents.

At first glance, this suggestion in the government's new Reshaping Streets consultation document seems likely merely to create concentric new rings of catch-and-release chaos as parents choose other streets, creating new traffic chokepoints. But here's the devilish cunning: at that point, councils would be allowed to immediately ban cars from these newly adopted drop-off streets as well, and indeed any subsequent new chokepoints. Eventually, it is envisaged, parents will succumb to the war of attrition and put the kiddiwinks on buses or scooters.

With the wondrous lack of guile that enabled him to give the no-car Auckland harbour crossing the green light, until political grown-ups intervened, Transport Minister Michael Wood says traffic bans at school gates would "not necessarily"

restrict parents' options.

He could technically be correct, in that it would give them an ever-changing menu of options, until the nearest they could drop their kids off for school in Auckland, say, would be Hamilton.

But it would almost certainly give many parents, and other drivers, a very strong option not to vote Labour. Imagine the chagrin of those wealthy parents, who've been able to take advantage of the "ute tax" incentives to buy an electric vehicle to ferry the kids about, when even they are barred from the school run.

The proposal is part of a toolkit for councils to use against all cars, green and smoky alike, including more liberal use of bollards, fewer carparks and more cycle lanes. The key difference from the status quo is they could impose these things without the burden of extensive notice and consultation. Realistically, this wouldn't mean more bollards, cycleways and no-car zones than councils already intend, simply that they'd be able to impose them more quickly, brooking no tiresome arguments from those adversely affected.

TAX BACKTRACK

However, there's evidence memory is stirring within the Beehive about the connection between severely unpopular policies and getting re-elected.

After just a day's bad press, the government reversed its decision to put GST on all KiwiSaver fund fees.

This was slipped into a big tax mop-up bill and only announced to fund managers. But word quickly spread that it would lop tens of thousands off savers' retirement sums.

Peculiarly, it seemed not to have occurred to Revenue Minister David Parker that this would upset people. He was just fixing an anomaly, as GST on financial services remains a grey area and some funds have been paying it and others not.

savers would resent others' superannuation being heavily discounted for the sake of administrative elegance.

In an uncanny satire of destiny, this came the same week as Auditor-General John Ryan chided the government for the needlessly inelegant administration of the cost-of-living payment. It has paid tens of thousands of people who were ineligible, including foreigners who had previously worked in New Zealand, and some even further afield, having left this mortal coil. To hike taxes on retirement savings at the same time as paying a cost-of-not-living bonus would have been a dubious world first. ▮

After a couple of news cycles, the idea of a savings tax during a cost-of-living crisis suddenly lost its appeal.

After a couple of news cycles, the idea of a savings tax during a cost-of-living crisis suddenly lost its appeal.

Penalising people who've done nothing wrong is lousy politics, and when they're saving for old age – self-restraint the authorities have been nagging people towards since the year dot – the extra $225 million in annual GST revenue looked like a distinctly false economy.

As the opposition rightly intuited, even unaffected

CHRIS SLANE

Don't be fooled

With online and phone scams raking in more money than ever, our consumer protections need reviewing. But so does our first line of defence: our common sense. by GREG DIXON

It won't happen to me. This is what we think. If an online scammer poses as our bank, romances us on Facebook or Tinder, asks us to put money in to a fake investment or pretends to be a child in need, we will not be fooled. That is what we think. It was what Angela* thought. She now knows better.

As the Dunedin IT worker recently learnt, cyber frauds can happen even to the most alert of us – part of her job is helping to identify email scams.

But then, that is the reality: every one of us can fall for an online fraud; all it takes is the right scam coming at the wrong time, or from the least-expected direction. For Angela, it was a message from her 20-something son – at least, she thought it was her son.

"Hi Mum, I've broken my phone again," said the WhatsApp text. She wasn't surprised. This would be her son's fifth broken phone. "This is my new number," the message continued. "Save it in your phone." She did, and the scammer was away.

"It didn't occur to me this was anything weird at all," Angela tells the *Listener*. "There was a bit of chat, you know: 'How are you going?' I asked how his work injury was. He said it was doing okay. Every part of the conversation was normal. I just didn't click that he doesn't usually use WhatsApp."

Three days later, her "son" messaged again. He was trying to buy a new cellphone, but his credit card wouldn't work. Could she pay for it? Could she send a photo of her credit card? None of this seemed out of character, either. This would be the fourth phone bought by "the Bank of Mum and Dad". She sent the photo, and the $1486 purchase showed up on her card.

"There's probably no one more embarrassed than me that I got caught up in this."

But then her "son" got greedy. Could he borrow another $800 to pay for insurance and a decent protector for the new phone? No, Angela fumed, not until he'd repaid her the $1486.

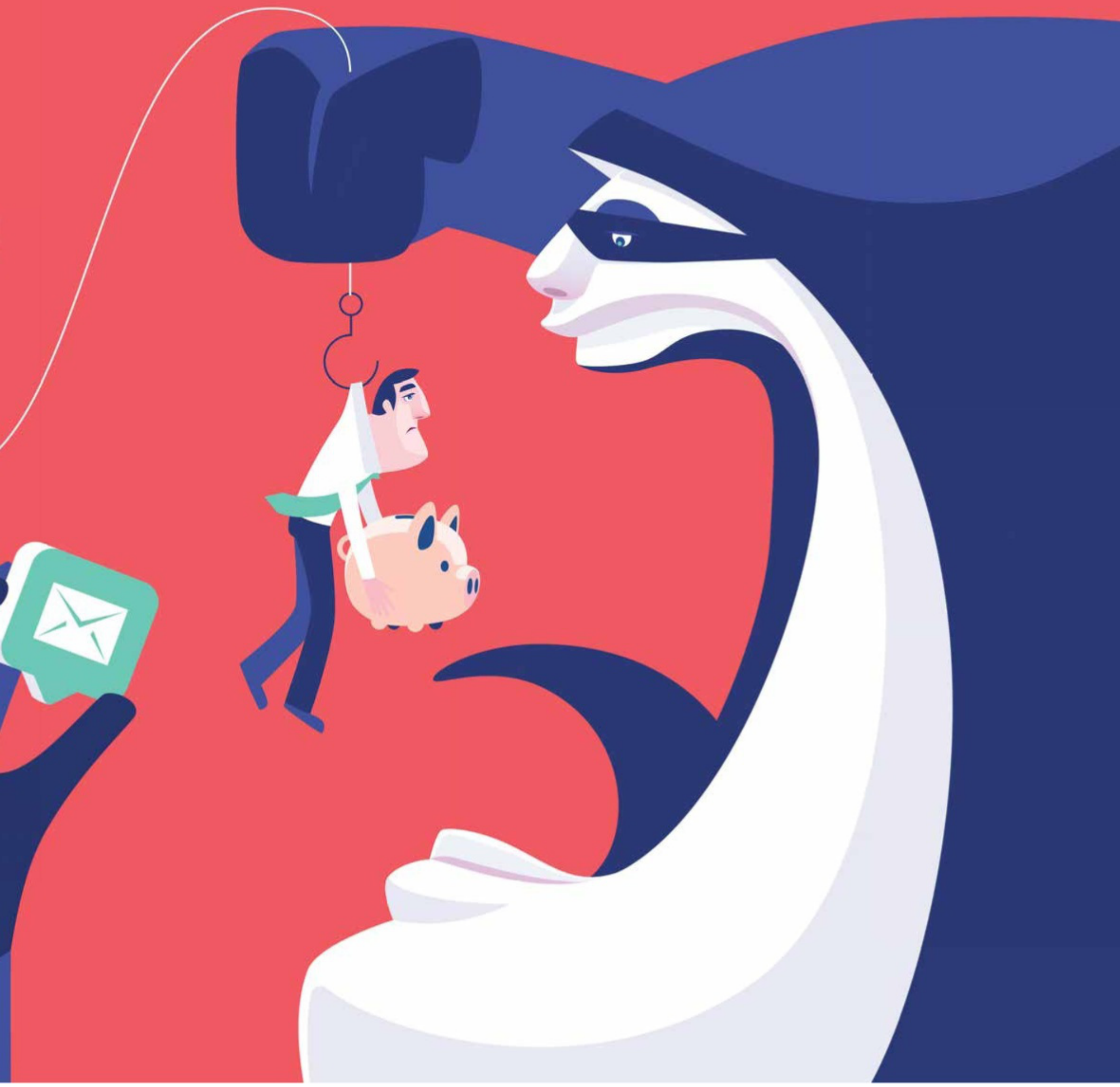
Clearly keen to keep his victim on the hook, and to hide the deception, the scammer agreed to deposit some money back – a common ploy, possibly done with money from yet another scam victim – to keep her happy. Great, Angela thought when $1200 appeared, but then another message came. Her "son" now had an overdraft that needed paying; could he borrow back $800?

It was here the scammer's convoluted fraud fell apart. Before the scammer sent bank account details, Angela deposited the $800 into her real son's real bank account. Her "son" protested. So she rang him. When the new number wouldn't work, she rang him on the old. It was then "a thousand lights went on at once". She realised she'd been scammed.

You could call that a happy ending. Mostly through luck, Angela lost just

GETTY IMAGES

*Name changed.



$286, which her bank, Kiwibank, refunded despite her sending her credit card details to the scammer. But this was no compensation, no requital for the scam's psychological effect. "There's probably no one more embarrassed than me that I got caught up in this," Angela says, "but I wasn't looking for it." No, she was looking to help her son.

This is what online fraudsters do. They weaponise a parent's love. They prey on the hopes of the lonely. They use fear and sophistication to persuade the vulnerable into handing over life savings. They can, and do, ruin lives.

FRAUD FRAGMENTATION

But how many lives? The answer is: nobody knows. While we can safely assume Angela is one of many thousands of New Zealanders scammed every year, the extent and cost of cybercrime, much of it originating from overseas criminal gangs, can only be guessed at, firstly because there is no single, local entity in charge of finding out.

At present, a labyrinth of organisations battle online crime: police, three government ministries, 13 government agencies – including the official "first port of call" for cyber security, the Computer Emergency Response Team (Cert NZ) – and a handful of non-government outfits such as IDCare and Netsafe. This fragmentation

FOUR SCAMS TO WATCH OUT FOR

1 COST-OF-LIVING-PAYMENT SCAM
If you receive a text message referring to the Inland Revenue Department's cost-of-living payment, don't click on the link. Forward the text, free of charge, to 7726 (SPAM), and after replying to the automated response, block the number and delete the scam message. Go to Cert NZ for more information.

2 TRANSPORT AGENCY SCAMS
NZTA is often used by scammers to trick people into giving away their personal details or paying money through phishing emails pretending to be from the agency. Genuine NZTA emails will always use an email address that ends with @nzta.govt.nz and always include vehicle and driver details, including your plate number. If in doubt, check the NZTA website.

3 TAX SCAMS
Emails and phone calls impersonating the IRD are common around the end/beginning of the tax year and between May and July, when tax assessments are sent. Remember, IRD will never include the actual amount for your refund, and the email will always end with @ird.govt.nz. Another common IRD scam involves phone calls claiming you're subject to an investigation – or even a warrant for arrest – for overdue taxes. Take the name and number of the caller, hang up and contact IRD's listed number or phishing@ird.govt.nz.

4 SEXTORTION SCAMS
People receive an email claiming their computer has been hacked and that the scammer has obtained intimate recordings of them, for example, using a porn site. Netsafe has received thousands of reports about this scam and is not aware of any cases where there has been proof of the recordings or where recordings have been released. Don't respond or send any payments to the scammer. Immediately change your password on any online accounts that you think may have been breached. Contact Netsafe for more information.

SOURCES: NETSAFE/KIWIBANK

not only confuses victims, but clouds our understanding of the problem, says Bronwyn Groot, an independent online-fraud consultant formerly with BNZ.

"Nobody knows the big picture because we're not combining data," Groot tells the *Listener*. "We need one place a victim can go. That way, the victim has only to tell their story once, and we find out about all the criminal activity as well."

If the true scale is a mystery, what is certain is online financial crime is increasing rapidly. Netsafe's chief online safety officer, Sean Lyons, says scams have long been the biggest issue reported to the non-governmental organisation, but the sheer volume now is frightening. "It's quite breathtaking. Comparing scams now to those 10 years ago, it's almost unrecognisable."

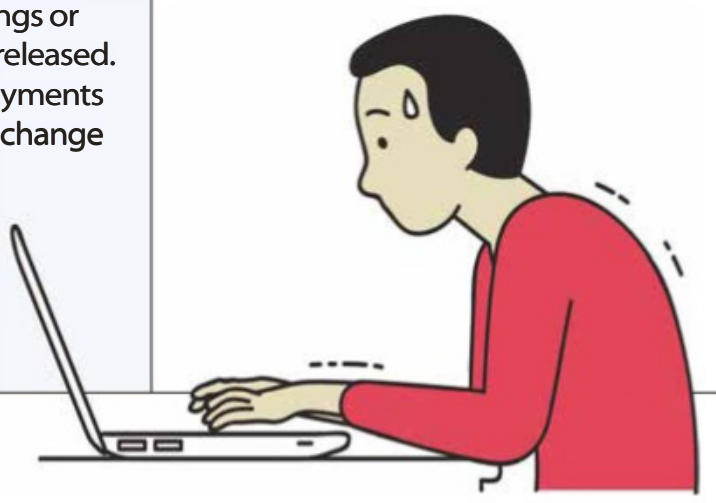
Netsafe recorded more than $20 million taken in online scams in the 2021 financial year, with the average amount lost – $5500 – increasing by over 18%. Those aged 40 and under made up more than 55% of scam reports.

Meanwhile, Cert NZ recorded 8831 scam incidents last year – a 13% increase on 2020 – with financial losses of nearly $17 million, more than three times higher than in 2017. And some of the amounts now involved are alarming. "Ten years ago, I used to go, 'Oh my god, the person has lost $20,000," Groot says. "Now I go, 'Jeepers, another one's lost $700,000.'"

The full picture is further obscured by significant underreporting of cyber frauds, according to Detective Inspector Christiaan Barnard, head of the police financial intelligence unit. Some, perhaps many, of those caught out just don't report the crime. "They might be quite embarrassed when it dawns on them that they are victims," Barnard says. And the language commonly used about such crimes doesn't help.

VICTIM BLAMING

For a start, we shouldn't really call them scams. They're frauds. They're serious crime. "I hate the word scam; it trivialises it," Groot says. "Call it what it is: fraud, financial crime. As soon as you hear the word scam, people straight away blame the victim. It's easier to blame the victim, because then we don't have to look at ourselves.



"With scams, we tend to dehumanise the story. We talk about the dollar values. What we don't talk about is the emotional impact. It's not just embarrassing, it's absolutely devastating."

Another major reason for the heavy underreporting is that many of the frauds are prevented or reversed by banks, but then not reported to police, Barnard says. It is thought about three-quarters of scam payments are identified and prevented by our banks' fraud systems.

Netsafe recorded more than $20 million taken in online scams in the 2021 financial year.

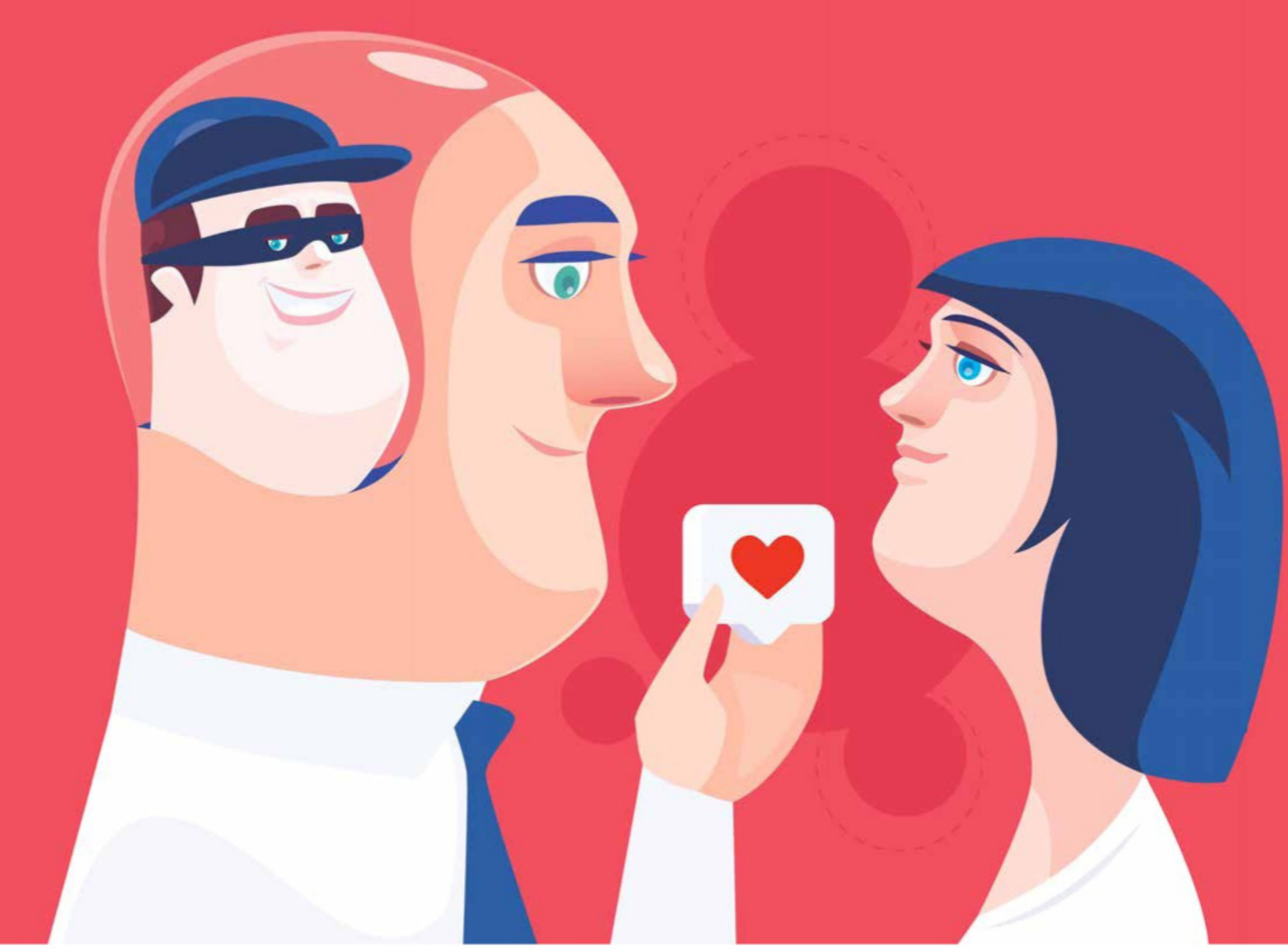
Kiwibank's general manager for enterprise operations, James Woodward, says his bank has seen a one-third increase in customers impacted by scams over the past three months. The number of fraudsters cold-calling customers from fake phone numbers, pretending to be from Kiwibank – so-called "spoofing" scams – is such a growing problem the bank has recently expanded its fraud investigation team by 35%.

But in the end, banks are simply "ambulances at the bottom of the cliff", Woodward believes. "To get a better outcome for Kiwis, we need a wider response [to online fraud], and I think that's the thing we're most interested in."

Banking Ombudsman Nicola Sladden agrees. To fight online fraud more effectively, she says, a greater collaboration is needed between government and non-government agencies, police, social-media companies, telcos and banks.

A review of the framework protecting consumer online payments – to ensure it's "in line with customer expectations and the commercial realities" – is needed, too, she says. She recommended this to Parliament's finance and expenditure committee back in June.

Other countries, including Australia and Britain, have already done this. In Britain, for example, banks must now reimburse "unauthorised" payment scams (see sidebar on page 20 for definition) unless the



customer was "grossly negligent". In New Zealand, plain "negligence" is the threshold.

Also in Britain, major banks now offer the ability to make sure names and accounts match to avoid accidental or misdirected payments. As well, a voluntary code has been developed to protect consumers from "authorised" payment scams (see sidebar on page 20 for definition). Further protections are planned, enabling the British banking regulator to require banks to reimburse customers who send their own funds to a scammer.

So, how are we doing in comparison? "I think it is important to continually review the consumer-protection framework," Sladden says, carefully. "We need to ensure ours remains fit for purpose now, as well as fit for the future." Until then, are Australian and British consumers better protected than we are? "I guess the simple answer is, yes."

DISRUPTIVE INNOVATORS

Fortunately, there is another line of defence: the human firewall. No matter our level of expertise or confidence with technology, we each have the ability – and responsibility – to make ourselves as invulnerable as possible to online scams. In the same way we keep ourselves safe on the road, by knowing the rules, staying alert and learning to anticipate the actions of others, we can keep ourselves safe on the information superhighway.

First, we must know our enemy, study their methods and recognise that they are cunning and adaptable. "I hate to use the phrase," says Netsafe's Lyons, "but scammers are disruptive innovators. If they were working in Silicon Valley, that's exactly what you'd call them. They are looking at what works, they are responsive to success and failure, they're able to pivot when they're no longer succeeding."

The most widespread scams begin with the victim receiving emails and texts designed to look legitimate.

Online fraudsters have myriad types of scams, and they are constantly coming up with new ideas. Woodward says Kiwibank sees between five and 10 new scams each week, and they are growing in sophistication. However, the fraudsters' general lines of attack and techniques are largely predictable, and being alert to these is key.

The most widespread scams begin with the victim receiving emails ("phishing") and texts ("smishing") designed to look as if they're from a legitimate organisation that you may already interact with, be it a bank, government agency such as the NZ Transport Agency or Inland Revenue Department, a financial institution or businesses such as Apple or Trade Me. But the sender is irrelevant. The text or email is seeking to "verify" your key personal or financial information – logins, passwords, driver's licence, passport and credit card details – by asking you to click a weblink in the message, or by sending it in a return message. Clicking the link might also inadvertently cause you to download "malware", which is software designed to gain unauthorised access to your device. Your key defence for phishing and smishing: delete the message. And remember, no legitimate organisation would ask you, either by email, text or phone, to give out your most private information.

Also common, and much more in your face, is the "spoof" phone call pretending to be from, for example, your bank, IRD, an

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I THINK I'VE BEEN SCAMMED: WILL I GET MY MONEY BACK?

If you believe you've been the target of online fraud, ring your bank immediately. It will freeze your account against any further fraud and, where possible, act to recover the lost amount. If the money has been transferred into an overseas bank account, however, it will almost certainly be gone for good.

Scams involving banking fall into two main categories: unauthorised and authorised. Broadly speaking, **unauthorised-payment scams** happen without your knowledge or authority as a result of phishing, smishing, remote-access attacks or identity theft. Banks will usually reimburse in this situation, unless you've been negligent and/or breached your bank's terms and conditions.

Authorised-payment scams, such as romance and investment frauds, are much more problematic. Rather than doing it without your knowledge, the scammer will have tricked you into authorising the payment because you believe they are legitimate. Banks are not usually liable in these circumstances, and you will likely not get your money back. However, the bank does have a duty to act on and identify possible warning signs or indicators of fraud.

Once you've called the bank, call the police. You may wish to seek advice from Netsafe or Cert NZ, too. In the case of investment frauds, the Financial Markets Authority should be contacted. If you believe your identity has been stolen, contact IDCare. If you think your bank has not complied with its duties, contact the Banking Ombudsman.

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internet provider, an antivirus company such as Norton, a government agency or a business. The scammer will call out of the blue and claim you have some sort of crisis, whether it be your bank account being compromised, owing a huge amount of tax, or your computer being hacked and exposed to malware. Your key defence: don't believe them. Hang up immediately and ring the claimed organisation's real listed number and talk to them. And remember, no crisis was ever solved in a panic.

Keeping all your devices' software up to date is a must. So, too, is having high-quality anti-malware detection on computers.

Spoof scammers may also try gaining "remote access" to your computer to "help" solve the "crisis". This will typically mean them asking you to download a program such as TeamViewer or AnyDesk on to your computer so the fraudster can "overlook" your computer and thereby steal your personal information. Your key defence: hang up immediately when such a request is made and ring the listed number of the organisation they claim to be from. And remember, never let anyone you don't know have control of any of your devices.

Online investment frauds, including cryptocurrency scams, are often promoted through flashy online and social-media advertisements and are now among the most sophisticated and widespread internationally – a network of 11,000 fake investment websites targeting Europe was recently discovered. They are among the hardest to detect. Your key defence: very, very careful research, including checking with New Zealand investments regulator the Financial Markets Authority or the appropriate overseas regulator. And remember, if a return seems too good to be true, it is.

Finally, some of the biggest online money frauds lately have been so-called romance scams. Using dating websites or social media, the scammer will hastily woo you before revealing some crisis or problem that can only be solved with your money. Your key defence: never send money (or agree to receive money from) someone you've recently met online, or haven't met in person. And remember, the path to true love isn't paved with bank transfers.

VOICE OF DOUBT

But knowing the enemy isn't enough. The human firewall must be alert to its own defences, too. Keeping all your devices' software up to date is a must. So, too, is having high-quality anti-malware detection on computers. But the most important single defence, says Cert NZ's manager of incident response, Jordan Heersping, is having two-factor authentication for your online banking. Such authentication, also called two-step verification or dual-factor authentication, requires users to provide two different elements to verify themselves. This often takes the form of a computer password backed up by a code sent to your cellphone. "If you've got that second factor of authentication, you can stop scammers accessing your account, even if they've got your user

name and password," Heersping says.

Lack of confidence online needs to be addressed, too. Older people can struggle with online banking, for example. If you're not confident, the best advice is to ask trusted people, like family, for help.

"Take a breath, step back, do some checking, do some research and think about it from another perspective."

"They've taken away cheques, so older people have been forced on to internet banking and may not understand it," says Bronwyn Groot. "My mum and I do her internet banking together because she's just too scared."

We must be careful, too, about how much we reveal about ourselves online, particularly on social media. Angela suspects that her scammer gleaned useful information for her fraud from her social media before contacting her. Angela now has her Facebook page set to private.

Finally, the successful scammers' secret sauce is using your emotions against you. Fear, love and greed can be powerful forces for deception, especially when combined with the sort of hard-sell techniques used by scammers, such as charm, pushing you to make decisions quickly or pretending to be your friend. "Basically, they use high-pressure selling tactics," Groot says. "They're looking for people who are at a weak moment in their life. They may not get you today, but you may fall for it tomorrow because something has happened in your life, something has made you vulnerable."

The trick is to forget about their pressure and listen to your common sense, says Netsafe's Lyons. "So many times, victims say there was a moment they really felt like something was wrong, but yet they continued. That's the big thing: listen for that voice. Listen to yourself at that point. Take a breath, step back, do some checking, do some research and think about it from another perspective."

And remember: there's a scam out there for every one of us. It can happen to you. ▮

WHY CAN'T SPOOFED PHONE CALLS BE STOPPED?

How is it that international scammers can "spoof" or disguise a phone number to make it look local and from, say, your bank? The answer is that the international phone-number system was never designed to prevent it, says Paul Brislen, chief executive of the New Zealand Telecommunications Forum, the telco industry's association.

"There was never any thought given to how to protect a phone number from other people. It is the same with emails. Nobody gave any thought to what happens if I pretend to be you."

Brislen says the telco industry worldwide is battling to fix a system designed to be flexible rather than locked tight against scammers. Complicating the matter is that customers want usability as well as security. "The whole industry is sort of rushing to fill the gap and battling to have the two things in a system that was not designed to be secure."

Brislen is optimistic of solutions in the future, however. "It is so important that we have trust in the systems, because we use them for everything. There's just too much money at stake, and too much risk."

Lumping it

A one-size-fits-all approach to our breast-cancer screening programme is letting down high-risk women, say critics.

by SARAH CATHERALL • photograph by KEN DOWNIE

Just days before her 50th birthday early last month, Nichola Turenhout had her first round of chemotherapy. Two months earlier, on June 16, the Auckland journalist had a mastectomy to remove a tumour. When the cancer was taken out, it was 12.8cm in size – almost half the length of a ruler, and double the size of what an MRI scan had suggested. She also had two lymph nodes removed, as the cancer had spread there.

But until April this year, Turenhout had no idea she had cancer. Over the previous decade, since her 40th birthday, the Auckland-based NZ Writers College founder had six mammograms. All were clear. A mammogram can pick up a cancer as small as a grain of rice (about 7mm), but Turenhout's growing lump was missed.

"I think it was many years old but it was never picked up despite so many annual mammograms and all the money I spent on screening," she says.

At her first screening a decade ago, Turenhout was told she had dense breasts – a type of breast tissue affecting an estimated 1 in 10 women, which elevates the risk of breast cancer and is more difficult to detect on a standard mammogram. In New Zealand, however, women getting publicly funded mammograms aren't told they have dense breasts – it's only in the private system that this information is shared.

Turenhout's breast cancer was believed to be missed for two reasons. Despite getting regular mammograms – some she self-funded – her dense breasts made her tumour more difficult to find, and it was a rarer form: lobular cancer, which is harder to detect on a standard mammogram.

The mother of two is getting chemotherapy at a time when some breast cancer specialists and lobbyists are calling for changes to BreastScreen Aotearoa, our population-based mammogram screening and breast-cancer treatment programme.

Mammograms cost the country about $60 million a year, although about 270,000 of the 767,000 eligible women don't even get one. There are also concerns about a screening backlog after Covid lockdowns.

Overseas, new breast-screening technologies are taking off, such as 3D mammogram, and contrast-enhanced mammogram (CEM), an alternative to an MRI that is being trialled at BreastScreen Central, the Hutt Hospital-based Wellington regional service, and used by breast specialist Monica Saini, who works at Hutt, in her nearby private clinic (see sidebar, page 26). In this country, the 3D mammogram – a more thorough screening tool – is used for initial screening only in private clinics. In the public sector, its use is restricted to further investigation and diagnosis.

"I've made a solemn promise that I won't get a mammogram again."

Nichola Turenhout: "To this day, no one has been able to explain how my cancer was missed, and how it grew so big."

PERSONALISED SCREENING

Not all breasts are equal and critics of our screening programme say the one-size-fits-all approach to screening and treatment doesn't work for many women, especially those most at risk of breast cancer. Some are calling for more personalised screening, which might have helped women like Turenhout. The lower house of the Dutch parliament, for example, has supported clinicians' calls to offer MRI scans to women with extremely dense breasts as part of the national screening programme, after the country's 10-year-long DENSE trial found it was the most effective way of finding cancers in these women.

Turenhout was always vigilant about screening her dense breasts, especially when she began noticing lumps. "I paid for extra ultrasounds locally because I kept getting these lumps." In July last year, her mammogram was clear. But later in the year, she found three lumps in her right breast

– each the size of a small grape.

Eventually, those three lumps "joined forces". In April, her worried GP sent her off for a mammogram, an ultrasound and also an MRI. "It was bad news," Turenhout says. "Everyone was genuinely confused. I'd had clear mammograms and even an ultrasound. To this day, no one has been able to explain to me what happened and how my cancer was missed, and how that cancer grew so big without being detected."

Turenhout is booked for her next round of chemotherapy. With seven mammograms, five ultrasounds and a mastectomy behind her, she will self-fund an MRI on her other breast every year. "I've made a solemn promise that I won't get a mammogram again."

Our five-year survival rate of 91% appears to be as good as comparable countries, but there are "stubborn stains".

HIGH SUCCESS RATE

Breast cancer is the No 1 cause of death for New Zealand women aged under 65, according to the Breast Cancer Foundation. Each year, 3500 cases are diagnosed and 600-700 women die of the disease. The foundation's *30,000 Voices* report, released in February, found our five-year survival rate of 91% appears to be as good as comparable countries; our surgical and clinical work is as good as across the Tasman, and our screening programme is better at detecting cancer than the UK's (where mammogram is offered every three years, not biennially, and only to women aged 50 to 70).

The report highlighted a significant increase in 10-year survival rates for women aged 45-69. "This is potentially related to increased participation in breast screening," it says.

Women whose cancer is picked up via a mammogram, rather than presenting with symptoms, are much more likely to survive. But there are "stubborn stains" – younger women, Māori and Pacific Island women, and women with triple-negative breast cancer (where cells test negative for estrogen and progesterone receptors and HER2) are more likely to die from the disease.

The foundation's research manager, Adele Gautier, says our mammogram success rate is very high at 88% – more accurate than bowel-cancer screening, for example. "Mammograms are still the best way to find breast cancers," she says.

But screening doesn't find every cancer – as evidenced by Turenhout's experience. Doctors talk about the "interval" cancers they see between mammograms, which are often more aggressive.

And women should not think a "no evidence of breast cancer" result is a guarantee, says Gautier. "It just means that they couldn't see anything. If your breasts are dense, there's even more of a chance of that. It's important to keep checking your breasts and going to your doctor if you notice anything."

The foundation is interested in the findings of the Dutch DENSE trial, which other countries are taking note of. The European Society of Breast Imaging this year recommended that women with extremely dense breasts are offered a breast MRI every 2-4 years and called for all screening organisations to give women their density information.

Gautier says a working group could look at what would be best for New Zealand. "The 10% of women who have extremely dense breasts have a sufficiently higher risk of breast cancer that a tailored screening protocol is justified. But I don't think we should assume that four-yearly MRIs are best for us."

A DENSE PICTURE

First, women need information about their breast density – that's the catchcry from everyone interviewed for this article.

In the US, 38 of the 50 states require women to be informed about their density, after the federal government proposed mandating it. A study in Western Australia, which also requires this reporting, found women were more likely to enrol for a mammogram if they knew their breasts were extremely dense.

Here, we don't even know how many women have extremely dense breasts – is it more than the 10% of women in the US, less or about the same?

Nikki Slade Robinson, right, found her cancer five months after a clear mammogram. Left, the Breast Cancer Foundation's Adele Gautier. Below left, Fay Sowerby found a tumour four months after a clear mammogram.

The only way to get that information via a mammogram is to go private.

"We think that's inequitable," Gautier says. "We do believe that women who have dense breasts should be told about that, and it should be reported back to the GP. The argument that women can't handle it is not acceptable. You wouldn't hear the same argument being used for men."

Late last year, 41 women signed a submission calling on BreastScreen Aotearoa to inform women about their breast density in mammograms. All of them had an interval cancer – known to be more aggressive – that had been missed in a mammogram.

"We have all subsequently discovered we have dense breasts. Some of us have had to hunt out this information for ourselves, rather than be told by our medical teams," they wrote.

"Please absorb the traumatic journeys we have all had to walk, the more invasive treatment our bodies have endured, the more risk we are now living with due to the later diagnoses, and seriously consider revising the current policy urgently. Would you, or your loved ones, wish to walk any of our journeys?"

Nikki Slade Robinson, a children's author based in Ōpōtiki, was one of the signatories. She found her cancer five months after a mammogram gave her the all-clear. "I had never heard of dense breasts until after my diagnosis and it was a shock."

She had a tough 2019: a mastectomy and chemotherapy.

Now in remission, she is still concerned that women with high-risk breast density are not told unless they are screened in a private clinic. After mutations in the BRCA [breast cancer 1 and breast cancer 2] genes, density is one of the highest risk factors for women to develop breast cancer, she says.

"We need the screening policy updated to routinely advise and appropriately screen these women so their cancers are also detected early."

"INSUFFICIENT EVIDENCE"

But that information won't be shared with women anytime soon. A spokesperson for our National Screening Unit says the programme is like others in the UK and parts of Australia that don't measure or report breast density. "Increased breast density is a known risk factor for breast cancer because cancers can be masked by dense breast tissue, making them harder to diagnose on mammography. However, the risk of the masking effect of the dense breast tissue is lower since BreastScreen Aotearoa moved fully to digital mammography as opposed to the old analogue-based [X-ray] technology, reducing the chances of a breast cancer being missed."

The harms of extra imaging via an ultrasound or MRI were likely to outweigh the benefits for women with dense breasts who had an average risk of breast cancer, the spokesperson said. There was not enough evidence that extra monitoring of women with dense breasts would reduce breast cancer deaths. Instead, extra imaging could cause anxiety, overdiagnosis, unnecessary biopsies and extra cost.

Fay Sowerby detected her breast cancer when she found a tumour four months after a mammogram failed to spot anything. When the lump and her breast were removed in 2013, she was told she had dense breasts and the cancer was stage 3. Almost a decade on, Sowerby is pushing for better screening and research into breast cancer through her role as chair of Breast Cancer Cure and secretary of the Breast Cancer Aotearoa Coalition.

"Women who have dense breasts should be told. The argument that women can't handle it is not acceptable."

Sowerby has a wish list. She thinks New Zealand should move away from a one-size-fits-all approach of biennial mammography to tailored screening that takes a woman's risk of breast cancer into account, especially those with extremely dense breasts or a genetic predisposition to the disease.

She points to four international trials that are all focused on giving women more personalised breast screening, either by complementing or optimising a public programme. All work out the risk of a woman having breast cancer at a younger age by assessing their breasts (dense, heterogeneous or fatty), family or genetic history, and clinical and lifestyle risks.

Sowerby argues that some New Zealand women may not need to be screened every two years. Others may need to start younger and have an annual mammogram topped up with ultrasound, MRI or other screening tools.

"We need to get better at identifying a woman's breast health. At the age of 30, a woman could begin to understand what form of screening she may need going forward and whether she might need to start younger or older. She could work that out with her GP."

The screening age should drop to 40, especially for Māori and Pasifika women who are more likely to have dense breasts and a higher cancer risk. Māori are 33% more likely and Pasifika women 52% more likely to die from breast cancer than European women.

Women with extremely dense breasts should be able to access a free ultrasound as a screening tool. "There's a general

HAGEN HOPKINS

Getting the picture

New technologies offer an alternative to high-priced MRI scans for detecting breast cancer in high-risk women.

Monica Saini points to a black-and-white image of a breast on the computer screen. The mouse hovers as the US-trained breast radiologist flicks through some of the 139 different pictures of her left breast. This is a 2D- and 3D-combined mammogram – an option Saini offers in her private breast clinic in Lower Hutt, where women pay for gold-standard screening.

Saini explains the difference between the 3D and a 2D mammogram offered in our public screening programme. "You can see as I'm scrolling through the 3D one that I can see all the fibrous tissue, which shows up as white. Cancers are also white. This 3D mammogram is like looking slice by slice through the breast."

In every 1000 women, she says, you find about six cancers with a 3D mammogram, versus about four with a 2D. But there are limits: a 3D mammogram takes more time, as each one has about 300 images a breast radiologist needs to check, rather than four images in a 2D mammogram.

At $350 a pop, it's money well spent for women more at risk of breast cancer – those with dense breasts, or with an extensive family history of breast cancer.

She shows the results of a 3D mammogram for one of her patients with breast cancer. The woman came in with nipple changes. Saini first gave her a 2D mammogram "but I couldn't find anything. So we did a 3D, and she had a 1cm cancer sitting there". A follow-up ultrasound found two cancers measuring 2.5cm. She then conducted a contrast-enhanced mammogram (CEM). "I was concerned there was more disease than I could see on 3D mammogram and ultrasound. The contrast-enhanced mammogram found 4cm of cancer.

"Look at it," she points. "All this fibrous, dense breast tissue can hide cancers. Now with contrast, you see that 4cm of triangle of cancer that is not seen on the other tests. Finding this is also helpful for the surgeon, because they know it's 4cm of

Cutting edge: Dr Monica Saini offers contrast-enhanced mammography (CEM) at her private clinic and is involved in a trial of CEM at nearby Hutt Hospital.

cancer, so they can do breast-conserving surgery and have clear margins."

Saini once worked as a medical adviser to the US company that makes the CEM software being trialled at BreastScreen Central, the public screening service for the Wellington region based at Hutt Hospital. Her private clinic, Breast Institute NZ, is across the road, and is currently the only private facility in the country to

"Advanced breast cancer should not happen with today's technology."

offer CEM. At Hutt Hospital, only women with newly diagnosed cancers and at higher risk of having further obscured disease are considered appropriate candidates for CEM.

The trial at Hutt is comparing the effectiveness of CEM with MRI screening in 20 women with breast cancer.

Saini says CEM, which costs her private patients $680, is an alternative to an MRI. But it is quicker, cheaper, and not as stressful for the patient, and the radiologist has just four images to look at, rather than about 2000 from an MRI. "Seven minutes after the dye is injected, you have an answer."

In parts of Europe, she says, women aged 40 or older who present with a lump will be referred straight for a CEM.

Asked if it should be more widely available here, she points to our under-resourced cancer-screening service and the lack of doctors and technologists. "Yes, CEM is more cut and dried. You can take an existing machine and you just add the software. This is where I think it's great when there's not enough MRI availability. But CEM is not a test for everybody; it's for moderate- or high-risk people. It could be a great test to look at how much disease there is in someone presenting with cancer."

Saini's mission is to end stage 3 and stage 4 breast cancer. "Advanced breast cancer should not happen with today's technology."

acceptance we need to adapt things. Five years ago, we couldn't have had these conversations but we need to get more strategic now. It won't necessarily cost more money. We can find ways of making our screening programme more effective," Sowerby says.

PLAYING CATCH-UP

Meanwhile, breast screening still hasn't caught up with pre-Covid levels. By the end of June, the latest statistics available, BreastScreen Aotearoa was 30,727 screens below its 70% coverage target, at 66%.

A spokesperson for Te Whatu Ora Health New Zealand, which manages hospital and primary health services, says before Covid, women were waiting an average of 25.6 months between screenings, against a target of 24 months. They are now waiting an average of 27.1 months. With a $10 million funding boost to catch up and cater for population growth, screening providers have extended their hours and are running extra clinics, the spokesperson says. "Te Whatu Ora is reviewing how programme capacity could be increased."

Some doctors, and others lobbying for patients, are worried that breast cancer may surge again, especially in vulnerable groups. According to the 30,000 Voices report, Pasifika women suffered the biggest drop in mammograms during the pandemic – participation dropping from being consistently above the 70% target to 59.4%.

Covid has had other harmful effects. Dr Marion Kuper, an oncologist at Waikato Hospital, is treating several patients with advanced cancer who could not see a doctor during Covid restrictions. "My patients who presented very late with a lump would say they detected it in Covid but they couldn't have access to their doctor because everything was by phone or teleconsultation. Biopsies were delayed and GPs couldn't assess them.

"I would say, 'Why did you let it come that far, when a cancer had gone so late?' It's a challenge for the health sector. Sometimes the cancers were starting to ulcerate and weep. We're seeing this with other cancers, too, like bowel and lung."

GENETIC LINKS

Turenhout had invasive lobular cancer – a cancer found in the breast lobules, which is typically hormone-fuelled and makes up about 12% of cases. It grows in long strands, rather than in lumps, so is harder to pick up on mammograms and, sometimes, ultrasounds. It can be less responsive to chemotherapy, and is always treated with endocrine therapy as a starting point.

Professor Parry Guilford, head of the cancer genetics lab at the University of Otago, says mammograms miss about a third of lobular cancers, compared with a failure rate of about 10% for ductal cancers. An ultrasound and mammogram together can often pick up a lobular cancer, but the gold standard is the MRI, which detects about 90% of lobular cancers.

Because they are often detected at a later stage, this can affect a patient's chance of survival, Guilford says.

He is part of a team looking for genetic links to breast cancer. It's part of an international move to look more closely at a woman's total make-up: not just breasts but genes, which can influence whether she is more likely to get breast cancer, and if she does, whether there is more risk of it spreading and worsening. The emphasis is increasingly on avoiding chemotherapy where possible, and a genetic blueprint can help oncologists decide.

"We need the policy updated to routinely advise and appropriately screen these women."

Some genetic-screening tools aren't yet available in the public sector. Kuper says MammaPrint, a gene profile test, can be used in the early stage of hormone-related breast cancer to see if chemotherapy can be avoided. Kuper says: "I can offer that, but it's expensive [at $3000-$6000]. That's a lot of money for a diagnostic test. Most patients can't afford that."

Turenhout has been advised that chemotherapy combined with endocrine therapy gives her the best chance of fighting her cancer. Yes, she was told she had dense breasts many years ago via a private mammogram, but her story reflects the complexity of breast-cancer screening that many talk about.

"My biggest complaint is that no one told me that mammograms and ultrasounds aren't enough in my case. Both in the private and public sector, I wasn't warned. If I had been advised to self-fund an MRI, I might not have been able to afford the $1400, but at least it is more honest than pretending that the mammogram screening I was doing was good enough. Legally, ethically, we should be told, both in the private and public sector." ▮

Age of uncertainty

Other countries have reviewed their use of puberty blockers for children and young people. New Zealand should too, argues CHARLOTTE PAUL.

I am writing this article because my colleagues pleaded with me to do so. My younger colleagues, in particular, know they can't speak out because it could potentially damage their reputations.

I'm a medical epidemiologist and my relevant background is in research on sexual and reproductive health, the safety of medicines, and the ethics of research. My colleagues approached me because they're concerned about the rapid increase in the use of hormones to suppress normal puberty in children and young people who express discomfort with their biological sex. They're especially concerned that the grounds for accessing these hormones have widened greatly. How do we know this is doing more good than harm?

We should respect people who identify as trans and protect the best interests of children. How do we do this?

My colleagues are seeing in their clinics young people who have changed their minds about wanting to transition away from their biological sex and who also have serious mental health problems that have been left unaddressed. They doubt whether there is sufficient psychological assessment for children with gender dysphoria before they are prescribed puberty blockers – to help distinguish those who will remain transgender from those for whom it is a phase. They also question the capacity of children to consent to the intervention. They are worried about the lack of knowledge of long-term harms and benefits.

We all know that gender issues are highly contentious. The question has become polarised, and much commentary is written from a partisan perspective. That means there is extraordinarily little balanced information available to the public. Frank and fair discussion is surely necessary if we are to protect children and adolescents.

All trans people command our respect and deserve legal protection. Nevertheless, the widespread adoption of the idea of "gender identity", where gender (an inner sense of being male or female or non-binary) overrides biological sex, is surely both revolutionary and open to debate. Yet this notion of gender identity is the unquestioned context in which New Zealand children are now growing up, and the environment in which our doctors now practise.

CHANGED LANDSCAPE

"Gender dysphoria" is the term used where someone experiences distress because of a mismatch between perceived gender identity and birth sex. The US classification of mental disorders defines it as a difference between one's experienced gender and assigned gender.

The transgender pride flag flies high in New York. Gender issues for children have become caught up in the wider battle for transgender rights.

It is only in the past decade that puberty blockers have been widely used for gender dysphoria. These hormones, gonadotropin-releasing hormone analogues, were first used in the 1980s to delay a very early puberty. The first use for gender dysphoria was reported in the Netherlands in 1998, under the "Dutch Protocol". A very small number of children who had "lifelong extreme gender dysphoria", were psychologically stable and had supportive families, were treated. The aim was

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to relieve their suffering and to improve their final physical outcomes.

This might have made sense as long as there were all the safeguards for experimental treatment in place. But the situation has got a lot more complicated since then. Originally, puberty blockers were seen as a pathway to transition. And almost all children went on to take cross-sex hormones so they could live as the other sex. Now, a huge increase in the number of children suffering gender dysphoria and a widening of the reasons to prescribe puberty blockers (to allow "a pause" for decision-making) have changed the landscape.

Since the start of the 21st century, there has been an explosion in referrals for gender dysphoria. For instance, in the Wellington region, the number of adults has increased from three per year between 1990 and 1994 to 48 per year between 2012 and 2016. In the UK, at the specialist Gender Identity Development Service (GIDS), also known as the Tavistock Centre, the number of children and young people referred increased 25-fold between 2009 and 2018.

These are huge increases, and they are continuing. Previously, it was mostly those born as boys who were accessing hormone therapy. It is now mostly those born as girls. More are apparently developing gender dysphoria only at puberty, more are on the autism spectrum, and more have underlying mental health problems. Since earlier studies show that 75-95% grow out of gender dysphoria over the time of puberty, it looks like we are in unknown territory in prescribing puberty blockers to this wider group of children. Many of those treated would not be expected to persist in their trans identity and thus not go on to cross-sex hormones.

The UK's national gender identity development service for children and adolescents is to be replaced by a regional model following damning reviews. Keira Bell, right, brought a case against the service.

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There is another major complication. In the centres where there has been some systematic follow-up, almost all children taking puberty blockers have gone on to take cross-sex hormones. This must mean either that there was careful psychological assessment so that only those expected to persist in their trans identity would be treated, or there is something about blocking puberty itself that affected young people, so they persisted.

This means that if they are being given puberty blockers, they are potentially exposed to harms with no benefits and might be put on a pathway they come to regret. So what are the potential harms of the treatment? Is it right to call this a "pause"? Can children consent in this situation?

A CASE OF REGRET

Concerns about the ability of children and young people to consent led British woman Keira Bell to bring a legal challenge against Tavistock in the UK High Court in 2020. Bell described a highly traumatic childhood in which she was gender non-conforming. From 14, she actively questioned her gender identity, and at 16 she was given puberty blockers followed by cross-sex hormones. At 21, after a double mastectomy, Bell started to have regrets. She said at the ensuing judicial review: "I started to realise that the vision I had as a teenager of becoming male was strictly a fantasy ... Transition was a very temporary superficial fix for a very complex identity issue."

Here in New Zealand, "Rachel", a 23-year-old student from the South Island, told the *Listener* last year that she had longed to be a male from the age of 10. At 14, she was put on puberty blockers; at 15, she began taking testosterone; at 16, she had a double mastectomy; and at 18, a full hysterectomy. A year later, she started to regret what she had done: "Transgender ideology stopped making sense to me and I thought, 'Wow, with time and with the right support, I could have lived perfectly happily as a masculine lesbian woman'."

Psychological exploration could result in young people coming to a different realisation of their "embodied distress".

Am I right to worry about harms with no benefits? What do we know about harms? The Ministry of Health website describes puberty blockers as "a safe and fully reversible medicine that may be used from early puberty through to later adolescence to help ease distress and allow time to fully explore gender health options".

This was not the view of the UK High Court in the Keira Bell case. The court concluded that puberty blockers were not known to be safe, nor fully reversible. Given the complexity of the decision, the court concluded it was highly unlikely that a child of 13 or under would be competent to give consent, and doubtful that a child of 14 or 15 could understand the long-term risks and consequences.

The British Court of Appeal overturned the specific declaration of the High Court that court authorisation should be sought before minors could be given puberty blockers. It gave the evaluation of competence back to clinicians. Nevertheless, the judgment stressed the importance of recognising the "difficulties and complexities" around the issue of consent by children.

In the UK, the NHS responded to the

case by establishing a review, led by eminent paediatrician Dr Hilary Cass. In her first interim report, she described a lack of the quality controls that would typically be applied for new and innovative treatments, and a lack of routine and consistent data collection to track outcomes.

Sweden's National Board of Health and Welfare undertook a similar review. Its updated guidelines concluded that hormones should be avoided except in exceptional cases. Finland has also issued new strict guidelines. In France, the National Academy of Medicine now advises "great medical caution" in paediatric gender transition.

PSYCHOTHERAPY FIRST

In April last year, I wrote to the Minister of Health, asking whether the ministry was planning to review the use of puberty-blocking hormones for gender dysphoria. In December, I received a reply that it wasn't, and it was "a matter for discussion between a treating clinician and their patient, ensuring that patients are fully informed of their options (including any benefits, risks and alternatives) to make an informed choice and give informed consent".

The ministry provided information on the use of puberty-blocking hormones. In the 10-17 age group, there was a 66% increase between 2017 and 2020, from 305 children treated to 505. The true total will be a little lower, but assuming prescribing for early puberty has not changed over time, the increase will be in use for gender dysphoria.

We cannot be sure about the impact of stopping these hormone surges of puberty on psychosexual and gender maturation.

I also asked about psychological assessment before prescription of puberty blockers. My colleagues' concerns highlighted the importance of proper psychological assessment. Case studies showed that psychological exploration could result in young people coming to a different realisation of their "embodied distress", no longer believing they were transgender. The Royal Australian and New Zealand College of Psychiatrists' spokesperson now recommends a psychotherapy-first approach, because exploration of the patient's reasons for identifying as transgender is essential.

The reply from the ministry did not address the question, making only the same general statement about informed consent. But I found another huge complication. New Zealand's current medical guidelines are labelled as "gender affirming" and imply that the experience of being "trans" is a fixed state – and the increase in numbers is because the social environment now allows trans expression. In this case, no psychological exploration is called for.

But "trans" is not a fixed state, as childhood studies and the experience of de-transitioners show. It is a truism that puberty is a time of flux. There are also new and pervasive influences in the social environment – especially online, even in schools – which make psychological exploration particularly important.

I found few medical studies of regret and de-transition, although there are many testimonies online. The clinic in Amsterdam that pioneered the Dutch Protocol has followed up people to 2015. Reassuringly, it reported that less than 1% of its highly selected group regretted

REX FEATURES

Out there: a transgender rights demonstration in London in August 2021.

transition if they had continued to the end of the process. But fewer than 10% of the people in their study had received puberty blockers, and most received them after 2000. Of those who had regrets, the average time lapse was 10 years. So, it provides no answers for the larger numbers of young people with different characteristics who have been prescribed puberty blockers more recently.

UNAPPROVED TREATMENT

I was surprised to discover that puberty-blocking hormones are not approved for use for gender dysphoria – not by Medsafe here, nor by the US Food and Drug Administration, nor the European Medicines Agency. It is probably because there is simply insufficient evidence available about benefits and harms. It also means that extra precautions are required.

In NZ, the Medical Council issues guidelines for unapproved medicines, or those unapproved for particular uses. Unapproved medicines must be subject to monitoring, to prior discussion with a senior colleague, and the patient must be given extra information about risks and benefits – including that the medicine was being prescribed for an unapproved indication. None of this (apart from monitoring height and bone density) is mentioned in the New Zealand guidelines for gender-affirming healthcare.

Though the Ministry of Health persists in claiming puberty blockers are "safe and fully reversible", the updated guidance from the UK NHS has moved away from this claim. It states that "little is known" about the long-term side effects. It also states that although it is a physically reversible treatment if stopped, "it is not known what the psychological effects may be". It's also not known, it says, whether hormone blockers affect the development of the teenage brain or children's bones. It notes that side effects may include hot flushes, fatigue and mood alterations.

Even the question of benefits is far from resolved. A recent systematic review concluded that, for body image, mental health and psychosocial impact, there was little change with the use of puberty blockers.

The most telling and worrying commentary on potential harms has just come from Dr Hilary Cass in the UK. In July, Cass wrote to the NHS recommending the disestablishment of the GIDS and the setting up of regional services much more closely related to existing child and adolescent mental health services.

It has since been announced that the Tavistock centre will close in the northern hemisphere spring next year, and a new model established.

Cass' letter homes in on the dangers of using these hormones to give a "pause" for decision-making when they might be actively arresting development. She says that brain maturation may be temporarily or permanently disrupted and that may have an impact on the ability to make a risk-laden decision.

The most significant knowledge gaps, said Cass, are in relation to treatment with puberty blockers, "and the lack of clarity about whether the rationale for prescription is as an initial part of a transition pathway or as a 'pause' to allow more time for decision-making". It is the latter option we have the least information about, she wrote. "We do not fully understand the role of adolescent sex hormones in driving the development of both sexuality and gender identity through the early teen years, so by extension we cannot be sure about the impact of stopping these hormone surges on psychosexual and gender maturation. We therefore have no way of knowing whether, rather than buying time to make a decision, puberty blockers may disrupt that decision-making process."

COMPLEX MORAL QUESTIONS

In New Zealand, in the face of this real uncertainty about both benefits and harms – and the lack of safeguards and monitoring – why has the Ministry of Health not commissioned a review? Was the ministry reassured by people working in the field who presented a different view of what constitutes harm?

The specialists who wrote the New Zealand gender-affirming guidelines are associated with the World Professional Association for Transgender Health (WPATH). In 2020, WPATH rejected the UK High Court judgment and expressed grave concerns about withholding puberty blockers until age 16. Children and their parents have bravely gone on TV to talk about the child's positive experience with puberty blockers. Is it too tender for clinicians to acknowledge uncertainties in the face of children they have affirmed and encouraged?

All this has led me to realise that there is more than one moral consideration here: we should respect people who identify as trans and protect the best interests of children. How do we do this? So far, there has been a conflict. The current idea, that gender identity must be affirmed as well as respected, has given no room for the possibility that adopting a trans identity – encouraged by social media – may be a passing phase or a temporary answer to a complex identity issue. Hence, I want to stress the separate moral consideration: the protection of the best interests of children.

Health authorities around the world are formally reviewing guidance in this sensitive area. It is time for New Zealand to get up to speed. ▮

Charlotte Paul is emeritus professor in the Department of Preventive and Social Medicine at the University of Otago.

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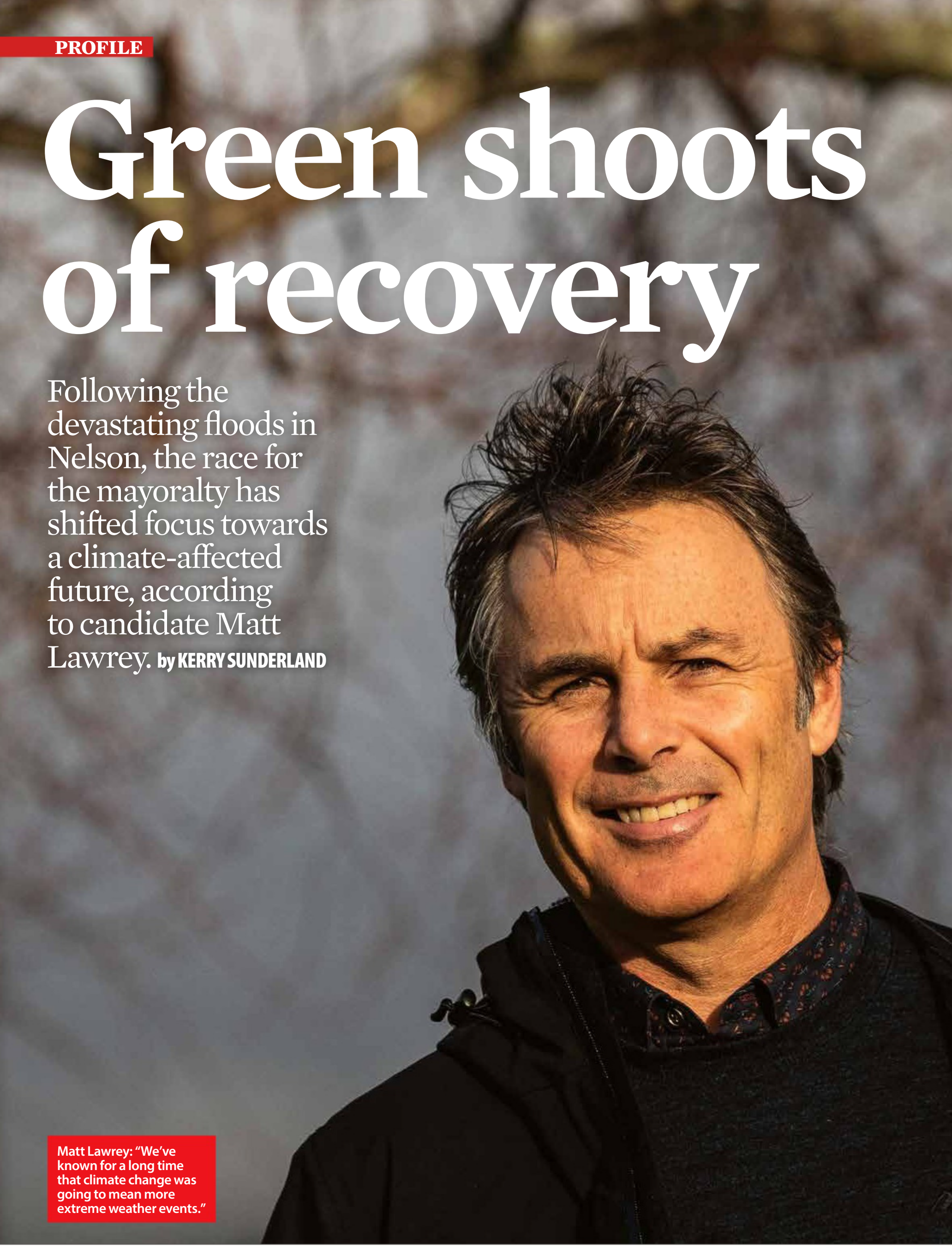
PROFILE

Green shoots of recovery

Following the devastating floods in Nelson, the race for the mayoralty has shifted focus towards a climate-affected future, according to candidate Matt Lawrey. **by KERRY SUNDERLAND**



Matt Lawrey: "We've known for a long time that climate change was going to mean more extreme weather events."

Weather bomb: severe flood damage in Dodson Valley. Right, Lawrey, with his family, from left, Miro, Tania Norfolk and Darcy.

NELSON DISTRICT COUNCIL

Nelson City Council mayoral candidate Matt Lawrey calls himself a progressive and says he's committed to speeding up the pace of change, but his bid for mayor may yet depend on how the region responds to its worst floods in decades.

Well before the floodwaters had subsided, it became clear that the damage to buildings and roads in Nelson would make the job of the city's new mayor much more difficult. The flooding also briefly stopped Lawrey's campaign in its tracks. At the height of the disaster, he sat at his home-office desk, advocating for residents in need of help.

Lawrey has a dedicated workspace in the home he shares with wife Tania Norfolk, sons Darcy, 16, and Miro, 14, and the family pooch, a Staffordshire terrier called Monty, also 14. From their open-plan living and dining room, the family enjoy expansive views overlooking Nelson's central business district, port and, beyond that, Nelson Bay. Their home, a former duplex state house that has been remodelled into one dwelling, is on a quiet street on a hill, about a 20-minute walk from the Victory Community Centre, which is the hub for Nelson's growing migrant community.

"Bizarrely, our part of town appears to have been left largely unscathed," says Lawrey of the "atmospheric river" that devastated Nelson last month. It has afforded him time to support others.

These efforts started the night before the weather bomb hit, when he was tagged in a Facebook post by someone who was concerned about the city's homeless. Lawrey spent the next 24 hours making phone calls, texting and emailing. After an initial struggle to find somewhere warm and dry, Unite Church in Rutherford St offered to open its doors to those in need.

Then, as Nelsonians began the gruelling work of cleaning up the mud and debris, Lawrey spent the week glued to his computer, responding to calls and messages and feeding his constituents' information back to Civil Defence and council staff. As an incumbent third-term councillor, he also set about communicating Nelson City Council's response to the disaster, while reading council reports and preparing for meetings.

"I wouldn't say I was shocked or surprised [about the flooding], because we've known for a long time that climate change was going to mean more extreme weather events," says Lawrey.

Social media – in particular, Facebook – has always been one of the key ways he communicates, in stark contrast to the outgoing mayor, Rachel Reese, who for the past nine years has largely shunned social media. He applauds the Nelson community for rising to the challenge of supporting each other – with a great deal of that support being co-ordinated via social media – and believes community engagement will be critical as climate change continues to have an impact.

Heading into the local body elections, Lawrey has homed in on the need to improve the culture in the council as one of what he is calling his "10 key moves", which he says have become even more important following the floods. He believes Nelson needs a mayor who prioritises the need to connect with people from all walks of life.

"I strongly believe that the mayor is someone who can never communicate

DANIEL ALLEN/LAWREY FAMILY COLLECTION

enough. This becomes doubly so in a time of crisis or recovery. One of the ways I want to lead that change is through social media. Getting a new mayor who is active in that space will make a difference. The other thing that will make a difference is changing the tone with which council communicates. We've got good staff who are up to the task; they just need to be given a chance to be less 'local government' and a bit more fun and creative."

As a capable orator and storyteller at heart, who is likely to answer a question with a story, it's probably no surprise Lawrey is focusing on communication. It's a skill he honed at Auckland University of Technology, where he trained as a journalist, followed by a 16-year career in broadcast and print media. Nine years in politics have not made the 53-year-old any less affable.

A job as the news director at Fifeshire FM first brought Lawrey to Nelson in 1997. He expected to stay for about 18 months. Fellow broadcaster Tim Morris gave him less time, telling colleagues, "Look at that Wellington wanker. He'll only be here for six months."

But stay he did. After Fifeshire FM, he took up a role as both host and news director at the short-lived Planet FM, before teaming up with his friend, business owner Mark A'Court, to launch a breakfast show on the top of the south's community access radio station, Fresh FM, which ran for four and a half years.

"When it comes to the mayoralty, I think it's really important that whoever has that job isn't a member of a political party."

The mid- to late-2000s were a busy time for Lawrey and Norfolk, who married about five years after he arrived in Nelson. As well as welcoming their two sons into the world, Lawrey also had a part-time news reporter role at the *Nelson Leader*, wrote a weekly film review for several papers, and penned an opinion column for the *Nelson Mail*. For a time, he also hosted a TV One show called *Business is Booming* and later got a gig as a Lotto presenter on TV2 – a role he shared with two other hosts, making the trip across to Wellington every three weeks.

In 2010, Lawrey teamed up with illustrator Peter Lole to create *The Little Things*, a cartoon series about the pleasures and pitfalls of bringing up little kids. At one point, he used to tell people, "I've got one wife, two children and six jobs."

He admits it was a challenge juggling so many commitments, especially with young children. In 2013, he decided to step back from journalism and embark on a career in politics.

"I just really see it – and saw it – as an extension of the same passions and interests that took me into journalism and broadcasting."

Lawrey was elected a councillor in 2013 and re-elected in 2016 and 2019. However, in between the last two elections, he stood down from the Nelson City Council mid-term to run as a Green Party candidate for

MP to mayor?

A seasoned political operator has returned to Nelson with the mayoralty on his mind.

Since resigning from Parliament – and ostensibly retiring from politics – in June 2021, Nick Smith has spent most of the past year working for a family business that is building the Turitea Wind Farm in the Manawatū. After a "large number" of people asked him to run for mayor, expressing concern that Nelson City Council had lost its way, he has taken two months' leave and recently returned to Nelson to run his campaign.

Following the floods, Smith says he relishes the opportunity to put his ministerial experience to work, having overseen rebuilds following both the Christchurch and Kaikōura earthquakes, as well as the Edgecumbe floods. "My PhD in landslides and my practical experience in civil engineering contracting will help our council lead an effective recovery," he announced in a recent Facebook post.

Infrastructure is on his agenda for other reasons. Smith believes there is a great deal of angst in the community about Three Waters, with many voters unhappy that Nelson City Council was one of the few that has supported the reform. He speaks of deep-seated resentment and believes the public mood in Nelson on centralisation has turned.

Nick Smith: "Nelson has always been quite a parochial region."

"Nelson, by nature, is and has always been quite a parochial region," he says. "We're a long way from the main centres and we have historically done a pretty good job at managing our own affairs."

And, to address the acute shortage of homes in Nelson, he would require monthly reports from the council's resource and building-consent department. "It's about creating clear expectations. If the council and the mayor are saying to the staff, 'We're going to hold your feet to the fire on ensuring that building and resource consents are processed in a timely way', my view is you change performance."

Nelson in the 2017 election. Had he been successful, it would have required a local council by-election that would have cost $80,000. At the time, Lawrey defended his actions, saying the rules around replacing councillors should be revisited.

He is now very clear that he no longer aspires to run for Parliament. Last year, he let his Green Party membership lapse.

"I was actually a Nelson City councillor before I was a member of the Green Party, and I think when it comes to the mayoralty, particularly for a city that doesn't have a history of party politics in the council, it's really important that whoever has that job isn't a member of a political party."

Ten days before the floods, Lawrey held a public campaign event at The River Kitchen, a cafe on the banks of the Maitai River. Despite the inclement weather, the cafe was overflowing, with about 170 people sprawling out through bifold doors on to the footpath.

When he took to the stage, he accidentally turned off the microphone while extending the stand. He smiled at the crowd, adjusted his glasses, then slowly and calmly found the switch to turn it back on it. Instead of making a joke at his own expense, he told his supporters it illustrated how adaptable he could be.

At the event, Renee Bignell, who runs clothing store Palm Boutique, told the crowd that her friend had really embedded himself into the place. "It's hard to imagine Nelson without Matt Lawrey." Others say the same, one even calling him the "personification of Nelson".

While Lawrey says he grew up a "very committed Wellingtonian", he now calls Nelson-Whakatū his "tūrangawaewae".

Although the floods will continue to affect the region for many years, he remains enthusiastic about the world-class environment on the compact city's doorstep. He is particularly passionate about its local mountain-biking parks, like Coppermine, which he says deserves to be as famous as the Central Otago landscape, Milford Sound and the West Coast.

Lawrey also plans to put a lot of energy into developing and positioning Nelson as a "smart little city" rather than a provincial town. For several years, he has argued for the conversion of unused commercial buildings into medium-density housing developments in the inner city. He has teamed up with architectural designer Pierre Hammond and landscape architect

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Lawrey, far right, with Green Party members at a 2017 event in Auckland.

Ursula Bowman to develop concept plans for apartment blocks built on stilts over public car parks.

He has also advocated for bike- and bus-focused transport policies, saying the floods "graphically highlight the need" for the Waka Kotahi NZ Transport Agency to get on with its plan, as soon as possible, to improve and increase walking, cycling and public transport across the city.

"The gridlock that has resulted from road closures reminds us that we have far too many people travelling in their cars by themselves at the same time. It's completely unsustainable; it's contributing to climate change and it's making the city less liveable. The reality is, however, that until we offer people a realistic public transport alternative and better active transport infrastructure, things are not going to change."

Lawrey also believes the floods have elevated the importance of Nelson City Council getting out of clear-fell forestry in the Maitai Valley. "People have been rightly horrified at the sight of logs and slash dangerously hurtling downstream in the floods. They are appalled by the amount of forestry debris that has been left behind and the amount of it that has ended up in Tasman Bay and on Tāhunanui Beach.

"They were already angry at the impact forestry has been having on the Maitai River and I think this will just increase calls for council to get out of pine and into a more environmentally sustainable mix of plantings."

He recently voted against the Nelson Future Development Strategy, which proposes that 53% of future development will be on greenfield sites, which he says is a "20th-century approach, not a 21st-century approach".

"People have been rightly horrified at the sight of logs and slash dangerously hurtling downstream in the floods."

Given these positions, it's no surprise Lawrey has upset some commercial property owners, retailers and hospitality operators in the city centre over the years.

Jeremy Matthews, who recently retired from Bayleys Real Estate, says he hasn't always agreed with Lawrey's policies – in particular, they disagreed on the proposal to build a new inland arterial road, which would have run through the Victory community – but says their disagreements have always been amicable. He believes it's a natural progression for Lawrey to run for mayor, although adds it's the "last roll of the dice for him".

Matthews believes there is a strong mood for change and is currently acting as a paraclete for the Nelson Citizens Alliance, a group of "concerned" Nelsonians who are advocating for an overhaul of the current council, which they criticise for failing to oppose Three Waters, selling properties to Kāinga Ora for social housing and proposing a new $46 million library as well as "severe" restrictions on parking in the city centre. They are backing several candidates, including Tim Skinner for mayor.

In only a few dramatic days of drenching, the political focus in Nelson has narrowed to a single question: who will be best equipped to rebuild the city?

Lawrey believes it will result in two groups of people: those who experienced devastating damage and are focused on recovery, and those who weren't affected and are looking for a vision for the future. There are many people in Nelson, he says, who agree the city has untapped potential.

"The most important thing right now is that we get a mayor and councillors who understand the need for civic investment and who are ambitious for Nelson-Whakatū and who are prepared to think beyond the next election."

He wants to begin by focusing on what elected officials have in common. "If we keep finding common ground, we'll be able to get quite a lot done." ▮

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HEALTH
by Nicky Pellegrino

Watch your mouth

Head and neck cancers can be hard to detect, so it pays to get any changes in those parts of the body checked out immediately.

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Despite the decline of smoking in New Zealand, we continue to have one of the world's highest rates for head and neck cancers, with about 500-550 new cases diagnosed each year (worldwide, about a million cases are detected annually).

There are several reasons for this, says Hadleigh Clark, one of a small number of specialist oral and maxillofacial surgeons based in this country.

"The issue isn't just smoking, it's alcohol as well," he explains. "Independently, they are both risk factors, but synergistically, they combine to make for a really terrible scenario."

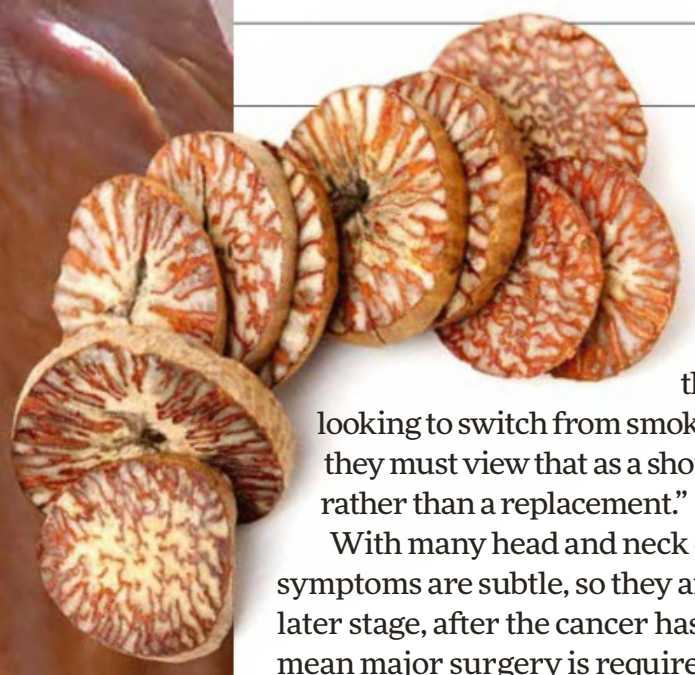
Hadleigh Clark: vaccination against HPV is important. Top right, areca nut chips.

Cigarettes and alcohol are strongly associated with cancers of the oral cavity, primarily the tongue. These have been on the rise in recent years. Also, over the past couple of decades, New Zealand has seen a significant increase in oropharyngeal cancers – the oropharynx is the part of the throat at the back of the mouth, behind the oral cavity, that includes the back of the tongue, soft palate, the walls of the throat and the tonsils. Cancers in this area are often caused by human papillomavirus (HPV).

"If people are looking to switch from smoking to vaping, that must be a short-term strategy."

Without immunisation, at some point in their lives about 80% of adults will be infected with HPV, which is commonly spread through sexual contact. For most, it will resolve without a problem, but some go on to develop a cancer, usually 10 or more years later. This is why it is so important that young people have the Gardasil 9 vaccine, which is funded for everyone aged 9-26.

Originally, Gardasil was offered only to girls, to protect them from future cervical cancer. "But it's actually males that are more at risk of developing the oropharyngeal cancers," says Clark, "so it's an important measure for them, too. There is clear evidence it is effective, although we're not going



have the long-term data yet," says Clark. "Generally, I say that if people are looking to switch from smoking to vaping, they must view that as a short-term strategy rather than a replacement."

With many head and neck cancers, the symptoms are subtle, so they are diagnosed at a later stage, after the cancer has spread. That can mean major surgery is required, after which a patient may need therapy to regain their speech or movement.

For oral cavity cancers, the high-risk sites are the sides and underneath of the tongue and the floor of the mouth.

"A lot of the oropharyngeal cancers don't require surgical treatment, just radiotherapy." says Clark. "But that can affect things like the salivary glands, so patients end up with a very dry mouth and, as a consequence, their teeth are at risk of damage and decay."

Catching a head and neck cancer earlier can mean a better outcome, so it pays to be aware of any changes in that anatomically complex part of your body.

"For the oral cavity cancers, the high-risk sites are the sides and underneath of the tongue and the floor of the mouth," says Clark. "Particularly if someone is a smoker/drinker, if they notice an ulcer that's not healing up after three weeks or any white or red patches, they should see a GP or dentist.

"More than 90% of mouth ulcers are due to having bitten yourself accidentally or a sharp piece of food. But the mouth is good at healing itself so those tend to disappear quite quickly. If something is persisting, particularly if it bleeds or there are unusual painful sensations that aren't provoked by food, then get it checked out."

Oropharyngeal cancers have less obvious signs. "It could be a persistent sore throat or earache, vocal changes such as loss of voice or a hoarse voice, perhaps also issues with swallowing. Again, the best thing is to see your GP and they can refer you to a specialist to investigate further." ▮

to appreciate the true benefit for another couple of decades."

Because of our high UV exposure, New Zealanders are at greater risk of lip cancers. And among some of our South-east Asian and Micronesian populations, there is a common practice of chewing areca nut, often combined with chewing tobacco, which is known to be a major cause of oral cancer.

"Areca nut is also available in a powdered form that people rub on their teeth and gums, and that's got an even higher risk associated with it," says Clark.

And although New Zealand's progress towards a Smokefree Aotearoa 2025 is encouraging, he remains concerned about the impact of vaping.

"We know that vaping exposes people to carcinogens but we don't

HEALTH BRIEFS

DRINKING & CANCER

If you start drinking more, or quit drinking, your cancer risk may change too, according to a study of 4.5 million South Korean adults. Researchers from Seoul National University Hospital found those who increased their alcohol consumption had a higher risk for alcohol-related cancers, including oesophagus, colorectum, liver, larynx, breast, and head and neck cancers, than those who kept their levels the same. Interestingly, those who reduced their alcohol consumption had a higher cancer risk temporarily, but this was reduced if quitting or cutting alcohol was sustained.

COVID-FIGHTING FIT

Doing about 20 minutes of exercise a day has been linked to a lower risk of Covid-19 infection and less severe illness if you do get infected, according to an analysis of studies published in the *British Journal of Sports Medicine*. A weekly tally of 150 minutes of moderate-intensity exercise – just over 20 minutes a day – or 75 minutes of vigorous exercise seems to offer the best protection. Overall, those who exercised regularly had an 11% lower risk of Covid-19, a 36% lower risk of hospital admission, a 44% lower risk of severe illness, and a 43% lower risk of death from Covid-19 than inactive people.

DOGS GET DEMENTIA TOO

Dogs can develop a condition similar to dementia as they age called Canine Cognitive Dysfunction (CCD), say University of Washington researchers, who studied about 15,000 dogs. Symptoms include memory loss, loss of spatial awareness, changes in social behaviour, and sleep disruption. The researchers say after the age of 10, a dog's risk of developing CCD increases by 68% each year. There was a link between being less active and CCD, but whether this was causal was not established.

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NUTRITION
by Jennifer Bowden

Not always a mixer

Grapefruit interacts with a range of medications, making it a no-no for people taking those drugs.

Question:
Is it true that you shouldn't eat grapefruit while taking statins such as Atorvastatin? Why is this, and are New Zealand grapefruit different from any others?

Answer:

Grapefruit have a dedicated following of fans of the tart and slightly bitter citrus fruit, which is great unless you're taking one of the many prescription medicines affected by the juice. However, grapefruit is just one of many everyday foods that interact with medicines, potentially harming the patient's health.

Sadly, New Zealand grapefruit varieties appear to contain the same compounds that interact with a range of medications, making it unsafe to consume alongside them.

Grapefruit juice interacts with many heavily prescribed drugs for lowering cholesterol or blood pressure, or treating heart rhythm, depression, anxiety, allergies, and more. At last count, researchers estimated more than 85 medications interact with grapefruit.

One glass of grapefruit juice can interfere with drug metabolism for up to three days.

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Atorvastatin, as you say, is a type of statin, used to lower raised cholesterol levels. Statins are commonly used, with about 16% of the adult population using them each year. The issue with some – but not all – statins is that they are metabolised by a set of enzymes in our gut and liver called Cytochrome P450 3A4 (CYP3A4).

Unfortunately, grapefruit contains compounds that inhibit key enzymes such as CYP3A4 and transporters involved in the breakdown and clearance of medications from the gut. When grapefruit is consumed with such medications, the drug is not metabolised and cleared from the body at the anticipated rate, which can lead to higher levels of it entering our circulation than planned, increasing the risk of an adverse reaction or overdose.

And the effect of grapefruit is long-lasting – one glass of juice can interfere with drug metabolism for up to three days.

More recently, researchers discovered grapefruit juice could reduce some medication levels, too. For example, it lowers circulating levels of the antihistamine fexofenadine (Telfast), decreasing its effectiveness in seasonal allergy sufferers.

Interestingly, many other everyday foods also interact with medications. For example, consuming excessive quantities of caffeine-containing chocolate – both milk and dark varieties contain the stimulant, unless the packaging says otherwise – can cause dangerous reactions in people who take monoamine oxidase (MAO) inhibitors, a type of antidepressant. Eating a large amount of chocolate after taking MAO inhibitors can cause a sharp increase in blood pressure.

Other foods that cause similar effects when combined with MAO inhibitors are aged cheese, sausages, pepperoni and salami.

Another tasty treat food also has surprising effects – liquorice can reduce the effectiveness of certain blood pressure drugs and diuretics. Alcohol, too, as many will be aware, interacts with many medications, either increasing or decreasing their effectiveness; hence it's recommended that alcohol is avoided if taking these medications.

Not all statins are affected equally by grapefruit, so if you want to keep enjoying it, ask your GP if there is a suitable alternative.

Back to grapefruit. Compounds called furanocoumarins (FC) in the fruit are what inhibit enzymes such as CYP3A4. So researchers have been looking for grapefruit varieties with lower FC levels. One local study, published in 2000, investigated the FC content of New Zealand grapefruit and Rio Red, Dole and Sunkist brands from supermarkets in Dunedin. It found FCs in the juice of the local grapefruit were at levels comparable to or higher than the imported true grapefruit.

While we don't know exactly which variety of New Zealand grapefruit was used, the Morrison Seedless and Golden Special are two of the most commonly available on supermarket shelves, along with Cutlers Red. All are "poorman's orange" varieties, such as those found growing in many New Zealand backyards.

Not all statins are affected equally by grapefruit, so if you want to keep enjoying it, ask your prescribing doctor if there is a suitable alternative statin that would meet your needs.

Otherwise, the advice is to follow carefully any dietary instructions given by your prescribing doctor.

Better still, ask your GP what you need to avoid – including foods, beverages, nutritional supplements, or other medications – when you are prescribed a new drug; keep your doctor informed about every medicine and any dietary supplements that you take; read the labels on your medicines carefully; and take medications only as long as advised by your doctor. ▮

Email your nutrition questions to listenerlife@aremedia.co.nz

NUTRITION BITES

VITAMIN B3 CENTRISTS

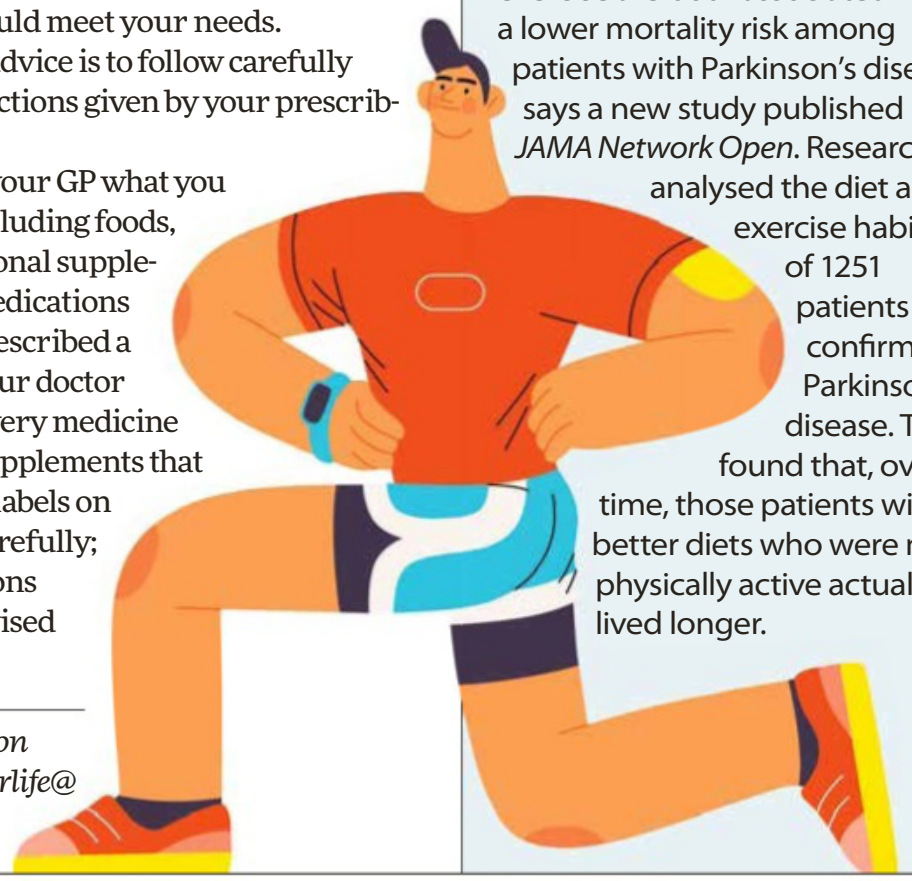
Optimal intake of dietary vitamin B3 (niacin) is associated with a lower risk of hypertension, a new study reported in *JAMA Network Open* found. The study, involving more than 12,000 Chinese adults, found those with optimal intake of niacin from foods – not dietary supplements – had the lowest risk of hypertension. In contrast, those with low or high intakes of dietary niacin had a higher risk of hypertension (affirming that more is not always better).

HELPING BEAT THE BLUES

Vitamin D supplementation may alleviate symptoms in adults suffering depression, notes an extensive meta-analysis published in the journal *Critical Reviews in Food Science and Nutrition*. The analysis combined results from 41 studies around the world that had investigated the effectiveness of vitamin D in alleviating depressive symptoms by randomised placebo-controlled trials in different populations. It concluded supplementation was more effective than a placebo in relieving depressive symptoms, with a dosage of about 50-100 micrograms of vitamin D per day.

LIFESTYLE & PARKINSON'S

Eating a healthier diet and regular exercise are both associated with a lower mortality risk among patients with Parkinson's disease, says a new study published in *JAMA Network Open*. Researchers analysed the diet and exercise habits of 1251 patients with confirmed Parkinson's disease. They found that, over time, those patients with better diets who were more physically active actually lived longer.



GETTY IMAGES

From left, flourless hazelnut brownie cake; banoffee pie; South-East Asian chicken bowl with a mango salsa.

Going for bold

Polly Markus, of popular Instagram page Miss Polly's Kitchen, shares her fresh takes on four classic dishes.

This reminds me of a Ferrero Rocher chocolate — in other words, heaven — like a slightly nutty brownie/cake hybrid. The compote is a welcome addition, as is a dollop of thick greek yogurt to serve. Hazelnut flour is also called hazelnut meal. If you can't find it, blend two cups of skinless hazelnuts into flour.

FLOURLESS HAZELNUT BROWNIE CAKE

120g butter
250g dark chocolate, chopped
¾ cup soft brown sugar
3 large eggs at room temperature
½ tsp vanilla paste
2 cups hazelnut flour
½ tsp baking powder
¼ cup cocoa powder

BERRY COMPOTE
2 cups frozen mixed berries
2 tbsp caster sugar (or more, to taste)

Preheat the oven to 160°C fan bake. Grease a 20cm springform cake tin with butter.

Melt the butter and chocolate in a large bowl in the microwave until smooth. Do this in short bursts, giving it a good stir in between.

Whisk in the sugar. Add the eggs one by one, whisking in between. Add the vanilla, whisking well until everything is combined.

Add the hazelnut flour and baking powder, then sieve in the cocoa powder. Stir until just combined, but don't over-stir.

Pour the mixture into the tin, then bake for 45 minutes. The top should have a slight crust.

Let the cake cool in the tin for 15 minutes, then carefully remove the sides and lift it off the base, placing it on a wire rack to cool completely.

To make the compote, warm the berries in a medium saucepan on a medium heat until defrosted. Add the sugar, stir until dissolved, then remove from the heat. Serve with the cooled cake.

Serves 8.

1 avocado, flesh diced
1 red capsicum – finely diced
a handful of fresh coriander
a splash of chilli oil
juice of ½ a lemon
cracked black pepper
CHILLI DIPPING SAUCE
¼ cup fish sauce
¼ cup lime juice
1 shallot, thinly sliced
1 large red chilli, finely diced
1½ tbsp sugar
½ tsp chilli flakes
1 tbsp diced coriander stalks

Preheat the oven to 200°C fan bake.

Get the rice cooking as per the packet instructions.

To make the salsa, combine the ingredients in a bowl, seasoning with cracked pepper. Set aside in the fridge.

Season the chicken with salt and cracked pepper. Heat the oil in a pan over a high heat, then sear the chicken on both sides until browned. Place skin-side up on a lined baking tray. Roast for 15-17 minutes (depending on size) until cooked through.

To make the dipping sauce, mix the ingredients in a small bowl.

When the chicken is cooked, cover it with tin foil and let it sit for 3 minutes, then carve it against the grain into 2cm slices.

Divide the rice between 3 bowls, then do the same with the salsa and chicken. Top with dipping sauce.

Serves 3.

EVERYONE NEEDS a good stir-fry recipe, and this one has never let me down. It's quick and simple to make and, in my experience, always a total crowd-pleaser. Hot tip: always, always start this dish by slicing and dicing your ingredients and prepping your sauces. This will make everything else feel seamless and stress-free.

GINGER HĀPUKU STIR-FRY

¾ cup white rice
550g boneless, skinless hāpuku
¼ cup cornflour
½ tsp white pepper
5½ tbsp light cooking oil
1 large eggplant, cut into 2cm dice
4cm piece fresh ginger, finely diced
3 large garlic cloves, finely diced
green part of 1 spring onion, thinly sliced
1 red chilli, thinly sliced
a handful of fresh coriander, roughly chopped
STIR-FRY SAUCE
¼ cup soy sauce
2 tbsp sweet chilli sauce
1 tsp sesame oil

Start the rice cooking as per the packet instructions.

BANOFFEE PIE is one of my favourite desserts, on par with about 10 others. In my eyes, the double layer of bananas is a very welcome addition. If you aren't eating this straight away, you need to keep it in the fridge until serving.

BANOFFEE PIE

400g chocolate digestive biscuits
150g unsalted butter, melted
4 large bananas
395g can ready-to-use caramel
300ml cream
dark chocolate – grated or flaked

Using a food processor, blitz the biscuits into a crumb. Pour in the melted butter, then whizz until well combined.

Pour the crumb into a 25cm quiche tin with a removable base, then press down firmly so it is evenly spread across the base and sides of the tin.

Put in the freezer to chill for 30 minutes (it needs to be nice and firm).

Slice two of the bananas into 5mm rounds. Arrange over the base, overlapping, until the base is covered.

Spread the caramel evenly over the top of the bananas. Slice the remaining two bananas into rounds and add a second layer on top of the caramel.

Whip the cream and spread it over the bananas. Garnish with lots of grated or flaked chocolate. Carefully remove the sides of the tin and serve immediately while it's cold.

Serves 10.

I COULD EAT this meal once a week and never ever get sick of it. The flavour of the chilli sauce will knock your socks off (and I encourage you to use it on beef, pork and seafood going forward).

SOUTH-EAST ASIAN CHICKEN BOWL WITH A MANGO SALSA

1 cup brown rice
2 chicken breasts with skin on
cracked black pepper and salt
1 tbsp light cooking oil
MANGO SALSA
1 zucchini, julienned
1 mango, flesh diced

Ginger hāpuku stir-fry.

To make the sauce, mix the ingredients in a small bowl. Set aside.

Cut the fish into 2cm pieces. Mix the cornflour and white pepper on a plate. Coat the fish pieces in the cornflour. Set aside.

Heat 2½ tablespoons of the oil in a large non-stick pan over a high heat. Add the eggplant and ginger, then cook for 5 minutes, stirring often so the eggplant cooks evenly. It should be slightly coloured but not burnt, so adjust the heat accordingly.

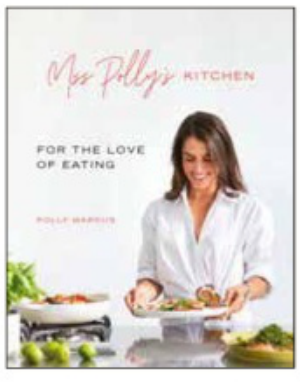
Add a further 1 tablespoon of oil and the garlic to the pan. Stir, then continue to fry for about 3 minutes, or until the eggplant is cooked. Be sure to keep an eye on it and keep stirring. Once the eggplant is cooked, tip it on to a plate and set aside.

Using the same pan, keep the heat on high. Add the remaining 2 tablespoons of oil. Once you see light wisps of smoke, fry the fish pieces until they are crispy on both sides. This will only take a couple of minutes. Be careful not to over-cook the fish.

Return the eggplant to the pan, add the sauce, then simmer for 20 seconds. Quickly take the pan off the heat. Garnish with the spring onion, chilli and coriander. Serve immediately with the rice.

Serves 3. ▮

Images and text from MISS POLLY'S KITCHEN by Polly Markus, photography by Megan Jenkins (Flash Studios), published by Allen & Unwin NZ, $45.



WINE

by Michael Cooper

Full of intrigue

Discover some rarities that will add variety to your red-wine enjoyment.

Pinot noir, merlot and syrah dominate our red-wine output, and cabernet sauvignon, malbec and cabernet franc are popular, too. But if you poke around in the far corners of vineyard blocks and cellars, you can discover rarities, such as these, that will add diversity and intrigue to your red-wine consumption.

Hans Herzog Marlborough Blaufränkisch 2019 ★★★★★
From a variety billed as "Austria's star red", this is New Zealand's first example of blaufränkisch. Deep and youthful in colour, it is crammed with cherry, plum and spice flavours, gently seasoned with oak. Almost exuberantly fruity, it is highly concentrated, with vibrant acidity and supple tannins. Well worth cellaring, it is certified organic. $86

Dicey Bannockburn Central Otago Gamay 2020 ★★★★½
From the classic grape of Beaujolais, France, this highly characterful red is scented and savoury, with good body, fresh acidity and plummy, spicy, slightly nutty flavours, finely textured and rich. $40

Forrest Marlborough Lagrein 2020 ★★★★½
From a vine cultivated traditionally in north-east Italy, this deeply coloured, fruit-packed red has concentrated berry, plum and spice flavours, threaded with vibrant acidity, balanced oak and supple tannins. Fresh, youthful and vigorous. $35

Church Road McDonald Series Hawke's Bay Marzemino 2018 ★★★★
This deeply coloured, easy-drinking red is from a grape cultivated in northern Italy. Grown in the Bridge Pā Triangle and matured in French oak casks, it is full-bodied, with strong, plummy, spicy flavours, a slightly earthy streak, considerable complexity and a well-rounded finish. $27

Marsden Bay of Islands Pinotage 2020 ★★★★★
From a South African crossing of pinot noir and cinsaut, this fragrant, full-coloured and savoury red has generous, ripe plum/spice flavours, very good complexity and lovely freshness, depth and harmony. It's already delicious. $32

Karikari Estate Northland Tannat 2019 ★★★★★
Likely to be long-lived, this powerful red is from a variety well known in south-west France and Uruguay. Barrel-matured for two years, it has dense, purple-flushed, inky colour. Lively, it is bold, with concentrated berry, plum and spice flavours, fresh acidity and buried tannins. $45 ▮

(Note: all wines are 13-14% alc/vol.)

WINE OF THE WEEK

Maison Noire Single Vineyard Hawke's Bay Freisa 2021 ★★★★½
The freisa (Latin for "strawberry") variety is a very close relative of nebbiolo, the great grape of Italy's Barolo and Barbaresco. Full-coloured, fragrant and mouthfilling, it has strong, youthful, red berry and spice flavours, fresh acidity, and excellent vigour and complexity. Well worth cellaring, it offers fine value. $25

1 IN 8

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PSYCHOLOGY
by Marc Wilson

Bad news

An obsession with current affairs can have consequences for your mental and physical health.

Is that Fox News habit a good thing? Find you've been watching CNN and a couple of hours have flown by? What about that bit of Lisa Owen you only listen to on the way home from work to get your blood pumping (seldom has "I'm sorry to interrupt, Minister" sounded so derisive)?

How about our good old *1 News* or *Newshub Live?* Most of the news right now is pretty depressing: biblical floods, rampant inflation, nowhere near enough kittens being rescued from trees.

Long-term research by American health psychologist Roxane Cohen Silver has found that media exposure to the bad things in the world can make people more depressed and anxious. Silver has made it her specialty to longitudinally track people's wellbeing and media consumption to show, among other things, that people who gorged themselves on 9/11 news coverage were more likely to experience the kind of stress symptoms that even people who were at the scene didn't develop, or that being exposed to videos of terrorists murdering hostages can cause ill-health.

Was I the only one who watched the wall-to-wall coverage of the parliamentary protest earlier in the year and experienced a shiver of anticipation as anti-government protesters returned last week? Fortunately, this time around, Brian Tamaki's political stunt messed up our traffic for just a few hours.

In early 2020, based on that long-standing body of work, Silver predicted that the Covid-saturated news environment would result in greater levels of mental distress.

Think back to that first lockdown: did you feel as if time had slowed down? Or did time speed up and weekends blur into weekdays? That's a real thing.

More news means more exposure to distressing events, particularly to high-profile distressing events.

Silver and colleagues found that about 50% of Americans experienced time distortions, and that they were predicated both by the stress that people were experiencing and their own mental health leading into the pandemic. Hopefully, time has returned to normal for you.

Coming back to your own viewing, consider the following questions: Is your mind frequently occupied with thoughts about the news? Do you find it difficult to stop reading or watching the news? Do you become so absorbed in the news that you forget the world around you? If the answer is yes, then you might be signalling not just an unhealthy addiction to the news, but also propensity towards mental ill-health.

Research assessing news addiction, fresh out of Texas Tech University, suggests that if you answered in the affirmative, you're not alone. Something like one in seven people report a "seriously problematic" attachment to news.

We typically don't consider something like this a problem unless the preoccupation negatively impacts on your life and the lives of others around you, and you wish you could change.

Based on what we know from Silver's past research, more news means more exposure to distressing events, particularly repeat exposure to high-profile distressing events. The Texas Tech University research is worrisome. People with the problematic attachment to news were 10 times more likely to report frequent symptoms of both mental distress and physical ill-health, such as stomach troubles, physical pain or tiredness.

Fortunately, news "addiction" is not as hard to kick as drugs, booze, or even video games, which have a much stronger grasp on our brain reward centres. People who realise their Tucker Carlson viewing isn't good for them typically find it relatively easy to go cold turkey (for the record, Tucker Carlson is not actually "news"). The downside to going news cold turkey is that you also potentially lose access to information about important things, such as pandemic-related health advice.

In short, it's not the news, it's how we're consuming it. ▮

Roxane Cohen Silver: tracking wellbeing and media consumption.

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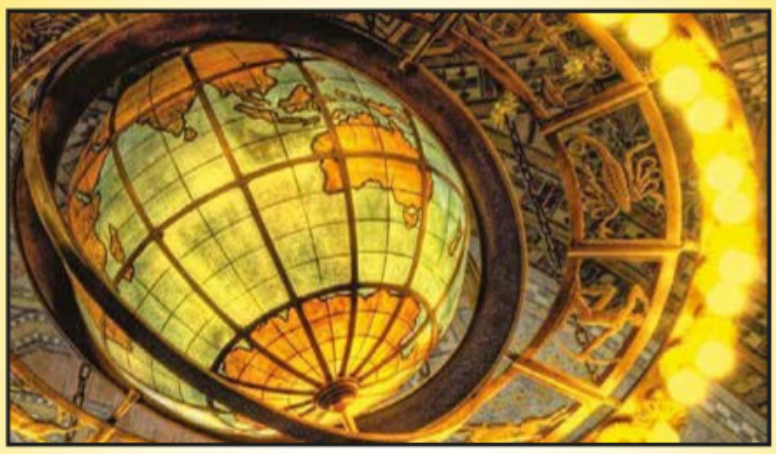
The Turning of the Wheel

Great are the possibilities which await men's creative efforts, and great will be their achievements when the light dawns and the blinkers drop from their eyes. This realisation will come when men turn inwards again, and find within their hearts, the brotherhood and unity which all instinctively crave.

Then will come the blossoming of new hope and inspiration, leading men to renew their upward climb, and to the creation of a better world. Working together in co-operation they will find a profound happiness and fulfilment in all that they do.

From 'A Master Speaks, Volume 2'

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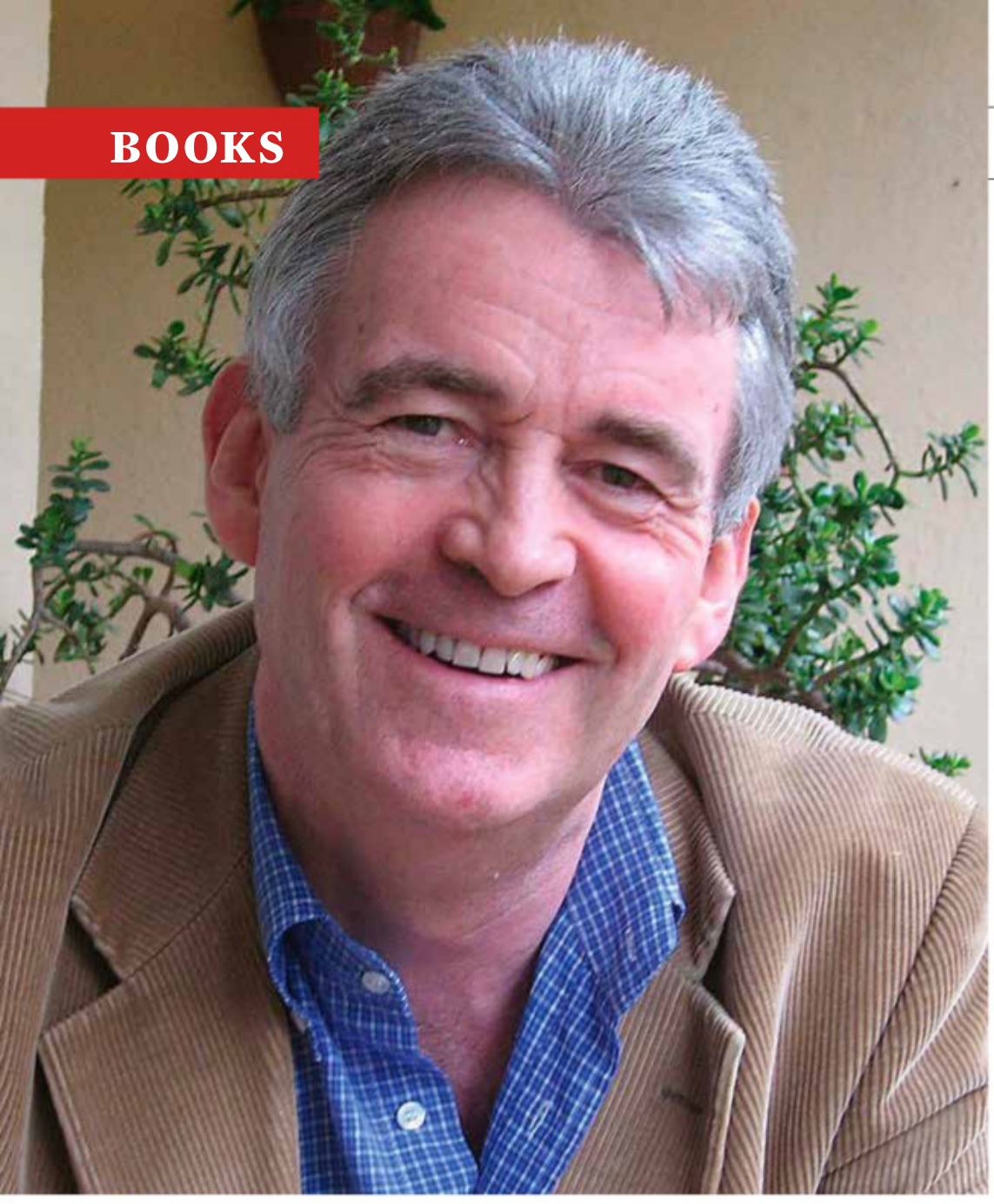


Home fires burning

A fictionalised account of an author's ancestors, pairing domestic struggle and military derring-do, leads the latest top popular fiction. by GILL SOUTH

ANCESTRY, *by Simon Mawer (Little, Brown, $37.99)*

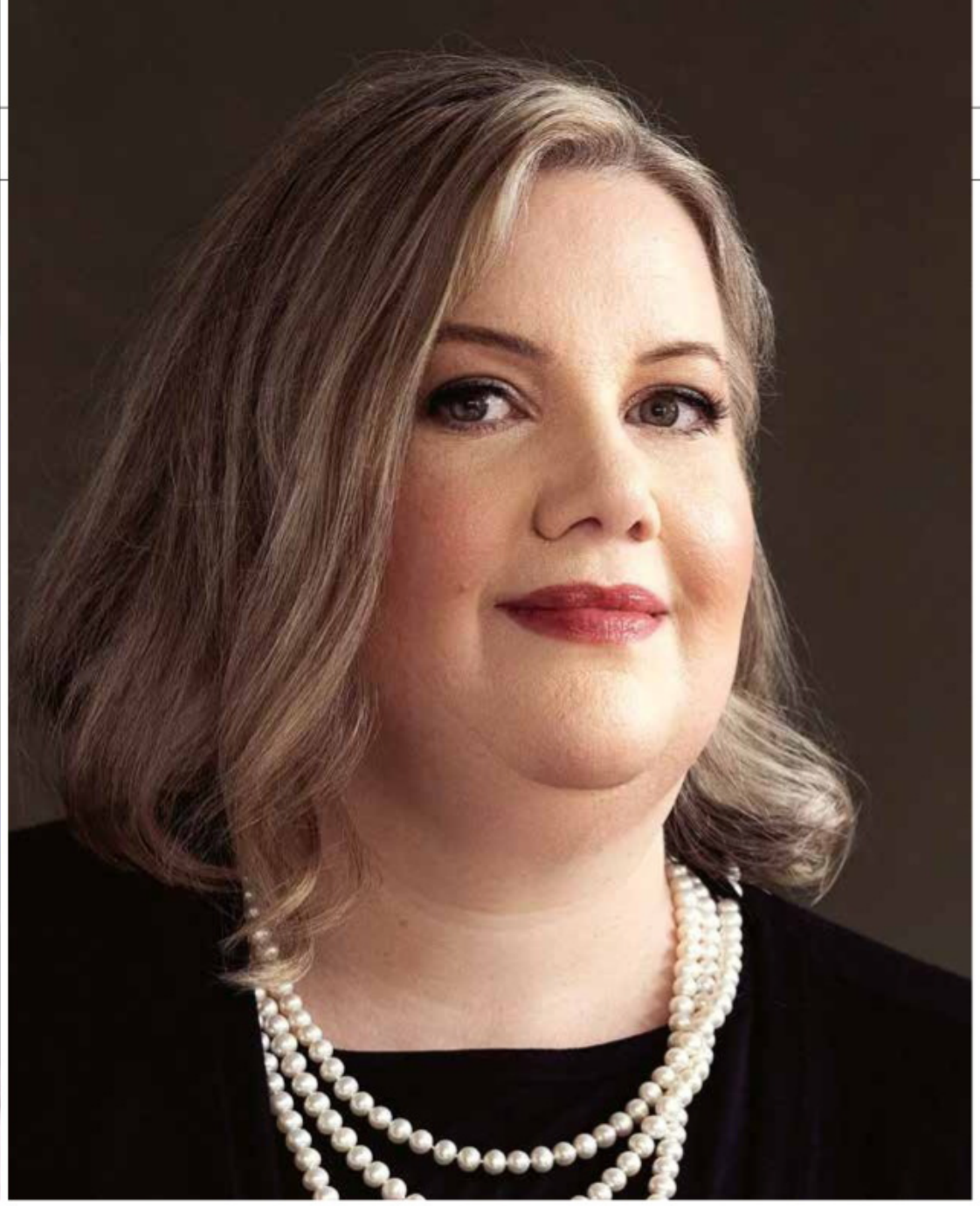
In *Ancestry*, Simon Mawer has done what some of us might be able to do if we seriously turned our minds to it. Using a 1928 photo of some of his relatives, he travels back in time to imagine how their lives became intertwined. Though because he's a Booker Prize-shortlisted novelist – for 2009's *The Glass Room* – he does it rather better than most. He begins in 1837, by fleshing out the life of six-year-old Abraham Block as he grows up in a poor Suffolk family, scavenging for trinkets from shipwrecks on the Strand with his brother. Given the chance to become an apprentice sailor, Abraham grabs it, cheered on by his Uncle Isaac, who has made good in London.

Hastings-born seamstress Naomi Lulham, an attractive young woman who comes to London at 17 for work, has a love affair with Abraham, which leaves her reliant on the kindness of the fledgling sailor's family. Then there's Private George Mawer, who is in the early stages of a military career and about to depart for Crimea. Before leaving, he marries Ann Scanlon in Manchester Cathedral.

Abraham and George are key players in this story, but it's the women in their lives that Mawer gives the spotlight to, aware that if it wasn't for their grit and resilience the author wouldn't be here to spin this tale.

For both Naomi and Ann – mothers, workers, financial providers – the workhouse is always only a step away when their husbands are at sea or war. If the women failed to find work, their fate often lay in the hands of a begrudging and at times abusive church community.

For war buffs, Mawer goes deep into George's life as a soldier during the Crimean War, with stop-offs in Malta, Gallipoli and Sevastopol . He's good on the hardships they suffered – the silent killer of cholera and the arrival of serious weaponry that would change warfare forever. Throughout, the author peppers the novel with historical documents: marriage certificates, revealing birth certificates, hospital records. As he fictionalises the meeting of these ancestors, he notes: "These are real people with whom I am playing – their lives, their loves, their innermost secrets. I feel the obligation to place the pieces with infinite care." Does he pull it off? It's an inspiring exploration of his ancestors' lives, and the author's



From left, Simon Mawer, Jean Hanff Korelitz and Sarai Walker.

family photo at the tail of the book is a testament to their combined endeavours.

THE LATECOMER, *by Jean Hanff Korelitz (Allen & Unwin, $36.99)*

The imperfect and not at all tight-knit Oppenheimer family are led by the remote Solomon (Salo), who runs the family finance company, and his wife, Johanna. Salo feels his life is permanently blighted after killing his girlfriend and a friend in a car crash during college. His passion for art helps him deal with the guilt. Because of her own unsatisfactory family, Johanna wants nothing more than to create a better one herself. After failing to conceive naturally, the Oppenheimer family money pays for the latest science: the triplets Lewyn, Harrison and Sally are 1980s test-tube babies. Johanna's life revolves around the trio, but no matter how hard she tries, through birthday celebrations and other special rituals, all they want is to be left alone – to bide their time in their very comfortable, liberal Brooklyn family home, then shake off their siblings and parents as quickly as possible.

They aren't close, which isn't surprising. Sally is feisty, busy and social. Harrison is the brightest, but sports an unattractive superiority complex. Lewyn, plump, sensitive and quick to cry, lives in Harrison's shadow. It's when the triplets are readying themselves for college that the wheels really fall off. Johanna wants to use the last egg, frozen in the 80s, to give parenting another go. Thanks to a surrogate, this produces the latecomer, Phoebe, our dry-witted narrator. Phoebe is still in diapers when the triplets come together on Martha's Vineyard for their momentous 19th birthday, the events of which change the family forever. We later meet Phoebe at 17, being nagged about where she might like to go to college. But she discovers some family secrets and decides to bring her siblings together to sort them out.

The Latecomer is a big read, so you'll need to set aside some time. But it's highly entertaining, with the author poking fun at left- and right-wing politics, mocking uptight liberal East Coasters and their privileged offspring. Korelitz is always completely in control of the narrative, timing her revelations with ease. Salvation is possible, even in this very messy, disparate family.

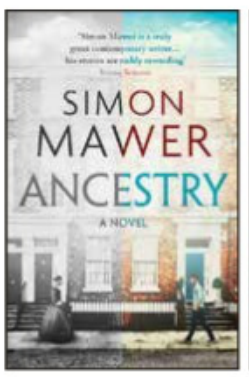
THE CHERRY ROBBERS, *by Sarai Walker (Serpents Tail, $36.99)*

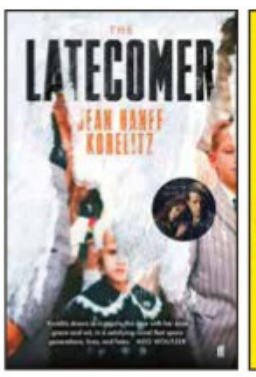
Living in the 1950s in the upstate New York village of Bellflower, Aster, Rosalind, Calla, Daphne, Iris and Hazel (Zelie), heirs to the Chapel firearms fortune, are dying to launch out into the world after a cloistered upbringing. But no sooner do the older girls marry – their ticket to freedom and the beginning of adulthood – than they become ill and die. The sisters' mother, Belinda, is an ethereal, spiritual woman who tries to warn the girls that if they marry "something terrible will happen", but the sisters are dismissive of their mother, who regularly sees ghosts – possibly the victims of Chapel weapons – and has scream-filled nightmares. Belinda has always been frank about how disappointing she found marriage and sex. To her, she explains, marriage was like death.

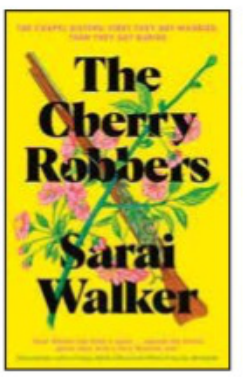
Our narrator, Sylvia Wren, aka Iris, is the sister who got away. She was never interested in marriage and lives with her long-term female partner in New Mexico, becoming a wealthy, world-famous artist. A documentary-maker's inquiries, guessing at her true identity, lead Sylvia/Iris to write her own version of what happened to her and her sisters.

As the sisters begin looking for a beau, a series of slick, wealthy Scott Fitzgerald-style young men appear. Sarai Walker, author of best-selling *Dietland*, is quick to point out their faults and what the sisters' lives would be like if they married these swells. Some of the sisters lead a quiet life as they finish their education, but Zelie longs for love and marriage at any cost.

Using colour, scents and great storytelling, Walker brings you into this cosy, warm, sisterly life. At the same time, she describes the deaths with equal colour and horror. There is not a single man she sympathetically portrays, apart from an old-age carer. Perhaps, since men ran the world in the 1950s, Walker doesn't think they need much sympathy. An indulgent and luxurious read. ▮







CONCETTA MAWER; LINETTE & KYLE KIELINSKI; GETTY IMAGES

Books of My Life

Monty Soutar

The historian turned novelist on the authors who have inspired him.

Monty Soutar: interested in the trauma of colonisation.

My earliest reading memory
Grandma Comes to Stay – a reader we had in the "primmers" when I started at Hiruharama Māori School in 1966. Hiruharama was almost an entirely Māori community. I remember the story because the grandmother arrived on a Viscount aircraft. We children had neither heard of a Viscount, nor had we ever seen an airport. None of us knew anyone who had flown in a plane, least of all to visit relatives. My family's means of transport when travelling long distances was a small Bedford truck on which our parents put mattresses down in the tray and told us to stay at the cab end of the vehicle.

My favourite books in childhood
Encyclopaedia Britannica and *The Bible Story* series, by Arthur S Maxwell. These were the only books I recall in our home. We read them over and over again. I loved Maxwell's writing style. "The Adventures of Brer Rabbit" and the Greek and Roman tales of their legendary heroes were some of the stories contained in the Encyclopaedia Britannica volumes. "How Horatius Kept the Bridge" was one that stands out for me. I wondered why we Māori had no heroes, not realising that we did; their stories just hadn't been committed to writing. I guess the incubation of a writer and his purpose was occurring way back then.

The books that made me want to be a writer
I'll Cry Tomorrow, from 1954, the autobiography of Lillian Roth. My English teacher at boarding school, a Catholic priest, gave it to me to read, along with a collection of short stories by Guy de Maupassant. I think he saw some potential in me. I have always admired the prose of Sir Āpirana Ngata and Rēweti Kōhere. For me, they were the benchmark of Māori writing that I wanted to aspire to. Also, the narrative style Dame Anne Salmond used in *Amiria* and *Eruera*.

The last book that made me cry
The Island, by Victoria Hislop – a captivating but very sad tale, which has made me want to visit Greece again, especially the island of Spinalonga.

The book I reread most often
The *Bible*. Not because I'm a holy person, but because I find the stories and truths contained therein offer solutions for the different situations one faces in life.

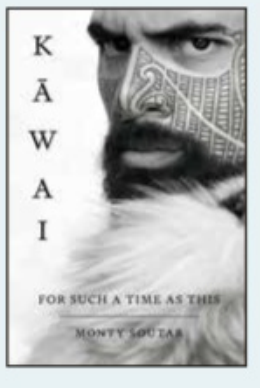
The book I could never read again
I shouldn't say, because many, many people love it!

The book I feel guilty not to have read
I can't think of one, probably because I don't feel guilty. There is always the opportunity to read.

The fictional character or book I wish I'd written
The Da Vinci Code.

The book I'm intending to read
Michael Bennett's *Better the Blood*. I understand one of its themes is the trauma of colonisation, which is something I'm writing about in the second instalment of my trilogy. ▮

Monty Soutar's debut historical adventure novel, **KĀWAI: FOR SUCH A TIME AS THIS** *(Bateman Books), is published on September 5.*



A dog & her boy

A locked garden shed contains a portal to another world in Stephen King's latest.

by ANDREW PAUL WOOD

FAIRY TALE, *by Stephen King (Hodder & Stoughton, $37.99)*

Those of us for whom Stephen King is a kind of guilty pleasure will be aware he has themes he frequently recycles, characters that pop up again and again, certain idées fixes that are all part of the charm of what we might call the Stephen King Extended Universe.

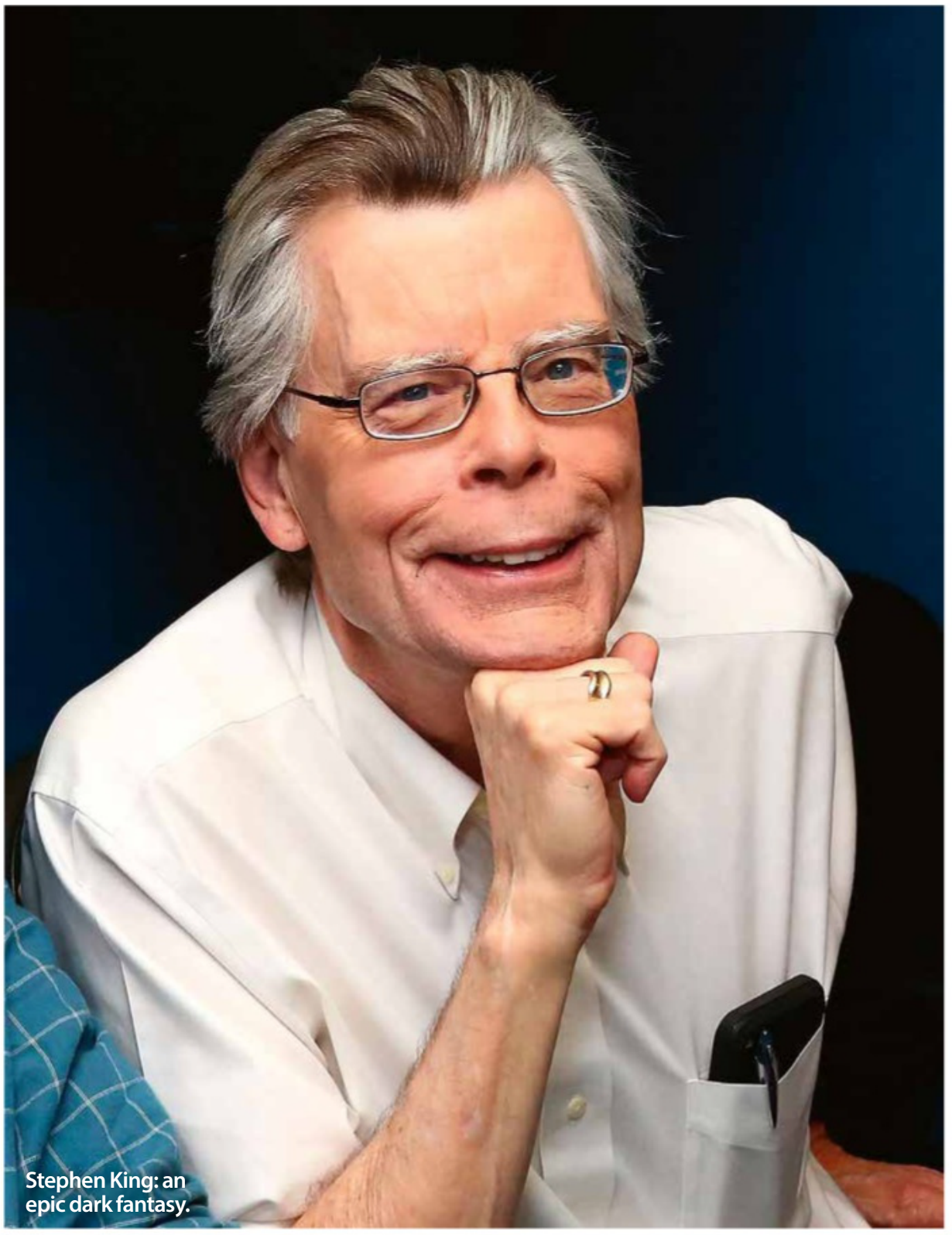
So when I say that *Fairy Tale* is a dark fantasy coming-of-age story about a young boy with the ability to jump between worlds on a quest in the middle of a war between good and evil, you might be forgiven for thinking, "Wasn't that the plot of *The Talisman* from 1984?"

Obviously not, because the boy in *Fairy Tale* is 17, not 12, and his name is Charlie Reade, not Jack Sawyer. At times, they do feel a bit similar, but if you're averse to King's lovingly well-worn tropes and formulae, this isn't for you in the first place.

Over the years, he has softly retconned his fantasy-horror oeuvre into the broader *Dark Tower* schema one way or another. Most of his worlds now parallel All-World.

Charlie is an average American kid. His mother was killed in a hit-and-run when he was 10 and it drove his dad to booze. Charlie takes care of himself and his father. One day, Charlie meets a German Shepherd named Radar and her owner, Howard Bowditch, a reclusive old man who lives in a big house on a hill.

After saving Howard's life, Charlie starts doing odd jobs for him. But when the old man dies, he leaves Radar to Charlie, along with a cassette tape (remember those?) revealing astonishing secrets and the existence of another world that can be entered through a portal in the locked garden shed.



Stephen King: an epic dark fantasy.

It's not an upbeat novel, but that has never been King's bag. He likes scaring the bejesus out of you.

Written during lockdown, *Fairy Tale* is an ambitious and substantial piece of fiction. At just over 600 pages, it's an epic novel, his longest since *Sleeping Beauties* in 2017. At 74, King's eyesight may be dimming, but not his indefatigable creativity.

King states that he asked himself at the beginning of the pandemic (which he sort of anticipated in 1978's *The Stand*) what he could write that would make him happy: "I saw a vast deserted city – deserted but alive. I saw the empty streets, the haunted buildings, a gargoyle head lying overturned in the street. I saw smashed statues (of what I didn't know, but I eventually found out). I saw a huge, sprawling palace with glass towers so high their tips pierced the clouds. Those images released the story I wanted to tell."

It's not an upbeat novel, but that has never been King's bag. He likes scaring the bejesus out of you. Less perversely sadistic than Clive Barker, less pretentious than Neil Gaiman, infinitely darker than Ray Bradbury, but always able to glean something strangely uplifting amidst the terror and heartbreak.

The dog is the star. ▮

GETTY IMAGES

Marked as the enemy

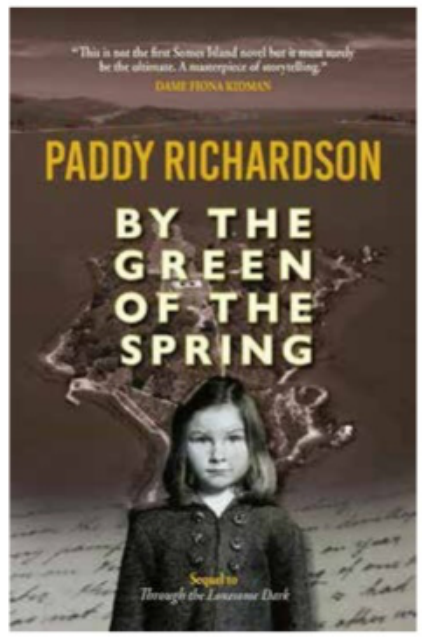
Lives are torn apart by WWI in a richly told and moving Kiwi historical novel.

by ANNE ELSE

BY THE GREEN OF THE SPRING, *by Paddy Richardson (Quentin Wilson, $37.99)*

Dunedin writer Paddy Richardson's latest novel again centres on Pansy Williams, who lives in Blackball on the West Coast, her lover Otto Bader, her friend Clem Bright and their families. They first appeared in 2017's *Through the Lonesome Dark*, which I haven't read – but I certainly will now.

World War I has begun, and soon a frenzy of hate against "the Huns" is successfully whipped up (without the help of internet trolls). Because Otto was born in Germany, he is seized and interned on Somes Island. Richardson's re-creation, through his eyes, of the arbitrary, petty tyranny and mindless cruelty inflicted on the men sent there is shockingly effective. To keep himself going and bear witness to what is now known to be such a shameful episode in this country's history, he secretly writes the story for Pansy in hidden notebooks. He can't understand why she doesn't answer his letters – until his sister spitefully reveals that Pansy's violent father has died, and she has married Clem.


"This is not the first Somes Island novel but it must surely be the ultimate. A masterpiece of storytelling."
DAME FIONA KIDMAN
PADDY RICHARDSON
BY THE GREEN OF THE SPRING
Sequel to Through the Lonesome Dark

Paddy Richardson: a vivid and skilful reimagining.

When Clem goes off to war, Pansy is safe with his parents. In another superbly accomplished tour de force, Richardson reveals their solid goodness and Pansy's carefully managed life with them and their daughters through the eyes of her little girl, Lena. When Clem returns, maimed both physically and mentally, inexplicably disrupting Lena's secure world, her outburst telling him he must "go back to the war" ends up bringing them together, and his spirit begins to heal.

The grim reality of post-war life for injured soldiers is also powerfully conveyed; but through Clem's own determination and his bond with Pansy, a door finally opens and they move to Oamaru.

On Somes, Otto's story is coming to its end. Attempts to get the truth through to the authorities fail, and his brave friend Jack, marked out for even worse treatment because of his sexuality, suffers an awful fate. Otto lashes out and barely survives his savage punishment. Deciding he must go back to his homeland, he devotes himself to relearning the language; looking back, he realises hard truths about himself and his family, especially the exiled life his mother had to endure. When the government "repatriates" him and most of the other men back to Germany in 1919, we know what he will later face there. But he sends his notebooks to Pansy.

In Oamaru, Lena is devastated by having to leave her grandparents, her aunts and her treasured teacher; but her mother turns out to be right: "This

A secret revolution

A satirical novel takes a scalpel to the forces that produced President Trump.

by ANNA ROGERS

THE UNFOLDING, *by AM Homes (Granta, $36.99)*

In the movies, they would call it a prequel – in this case to the America of Trump's presidency. It's November 2008 and Barack Obama has just been elected to the White House. For the Big Guy, wealthy and GOP to his very nerve endings, this is a disaster. He has taken his 18-year-old daughter Meghan out of her expensive school, so that she can

cast her first vote with her parents – she, of course, chooses John McCain – but the impossible has happened. The on-screen news of the result hits the room of watching Republicans "like death".

The Big Guy must act. He starts by doodling at his desk. "What Comes Next?" he scrawls on his blotter. Then he lists the

is best for us. I promise you. This is best for us." When we meet her again, she is at art school in Wellington, intent on bringing her Blackball childhood to life in her work. It wins her a place at a London art school – but for her passport, she needs her birth certificate. I'm not going to reveal the final turn in the story; reading the book, you may guess it anyway.

One of the best New Zealand historical novels I've had the pleasure of reading.

Richardson's vivid work, so skilfully constructed and movingly told, is one of the best New Zealand historical novels I've had the pleasure of reading. There is much, much more to it than I've been able to convey here, especially to do with women trying to live the ways they know are within their powers.

Although all its main characters are invented, it comes close to Fiona Kidman's finest achievements – *The Book of Secrets*, *The Captive Wife* and *This Mortal Boy* – and, like them, it will stay with me. ▮

AM Homes: her vision of US powerbroking is sharp, clever and confrontational.

names of men he knows: like-minded, influential men connected through business, the schools they attended, their golf clubs, their wives. Under his direction, they will work out how to, well, make America great again, though he does not use those words. From behind the scenes they will gradually disrupt and disorient society until its founding principles are restored. This unfolding will be, as one of the group puts it, "a slow-moving wave, a coup of sorts that will sweep across this country, largely unnoticed until it is too late". From this will emerge a new American dream.

The Big Guy is, however, also facing difficulties in his own life: the decline of his wife, Charlotte, a rail-thin figure who has lost much of her empty, privileged and often tragic life to countless vodka bottles, and his daughter's realisation that the world is not as she has always imagined it to be.

The central concept of the novel is as sharp and clever and confrontational as readers of Homes have come to expect. There is plenty of biting humour and this privileged America is delineated with unsparing accuracy.

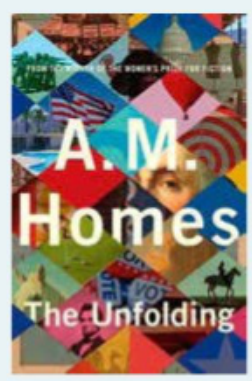
But there are challenges for the reader.

These men will gradually disrupt and disorient society until its founding principles are restored.

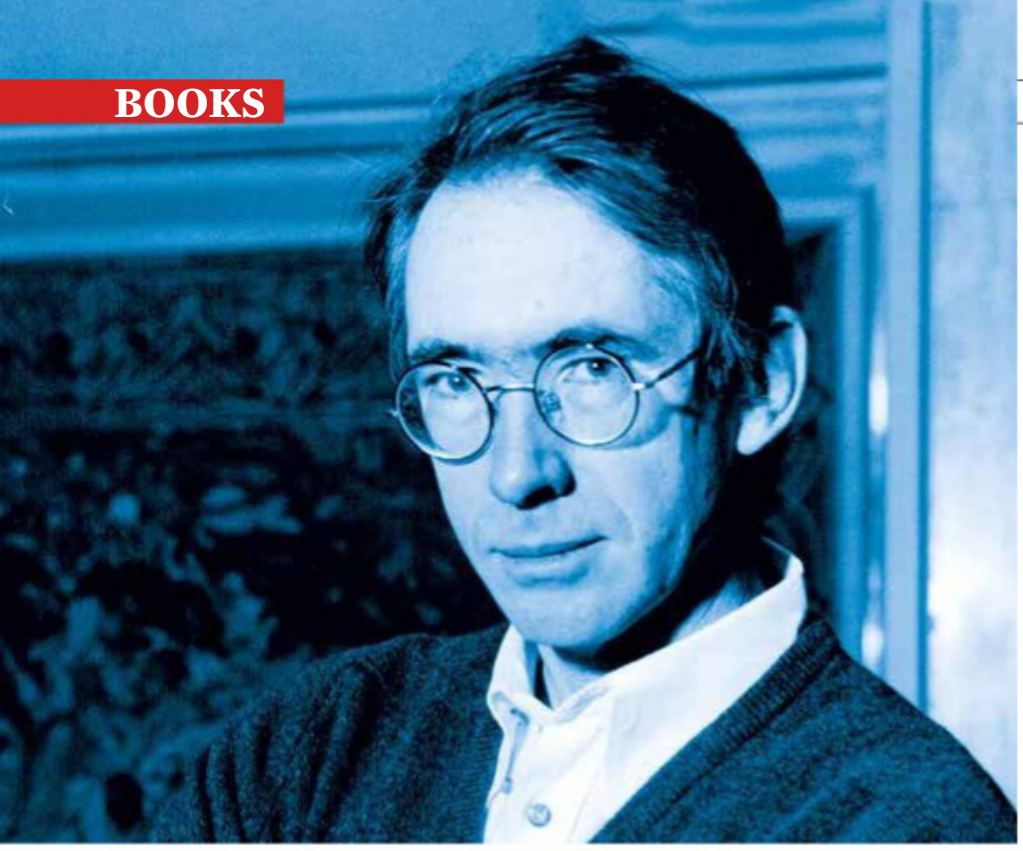
The principal difficulty, for many, will be the pages and pages of conversation at the summit meetings of the chosen men. These long stretches of dialogue are often curiously stagy and can read more like grim and relentless set-pieces or fact-packed lectures. And this constant, wearying talk does not allow for any real character differentiation or development.

Nor is there anyone to care much about except Charlotte, who is drawn with insight and empathy. Both Meghan and her father undergo epiphanies of a sort, but not as convincingly or powerfully as might have been possible. Does some of the problem lie in the requirement for the novel to function as both satire and character-driven fiction?

The Unfolding is certain to provoke strong and varied reactions. For me, this was a novel that repelled rather than involved; its glittery, hard, reflective surface does not invite the reader in. Partly because of Homes' writing style, I remained somehow unsure of the degree of authorial irony intended and was left with a nagging sense that greater subtlety could have produced greater impact. Homes does her disturbing and scalpel-like work with skill, but a shorter, tighter book might have more satisfyingly and effectively hit its target. ▮



CAROLINE DAVIES; JÜRGEN FRANK



Dream catcher

A literary editor's reminiscences of a high-water mark in British publishing walk the fine line between history and gossip.

by CK STEAD

CIRCUS OF DREAMS: Adventures in the literary jungle 1978-1992, *by John Walsh (Hachette, $65 hb)*

This jungle, it should be explained, is the British one. Americans figure, but very few, and even fewer of others. Nonetheless, it will be of interest to bookish people, serious readers who like to "keep up", who attend our own book festivals in large numbers and become a crowd whenever there is an overseas "celebrity". If any one of Amis, Atwood, Ballard, Barnes, Burgess, Byatt, Drabble, Heaney, McEwan, Raine, Rushdie (and so on) would draw a crowd here (and they would) this book should be of interest. In one way or another, they and their books all figure.

Walsh begins his literary life promisingly, as a gofer at publishers Gollancz. Early on, he is called into the boss' office and asked to be "less informal" (he has recently addressed the great man as "old bean"). "Enthusiasm is fine," they tell him; "just keep a lid on it." He indicates the ambition of his younger years was that, by the age of 35, he would be literary editor of the *Times*, something he considers achieved when, just short of that age, he becomes books editor of the *Sunday Times*.

There is a fine line between literary history and literary gossip. Walsh's book is parked somewhere on that line – more gossip (a great many names are dropped) than history, but some of each. These are interesting people doing and writing interesting things. There are many opinions but next to nothing that could

GETTY IMAGES

Clockwise from top left, Ian McEwan, Margaret Atwood, Martin Amis and Margaret Drabble.

be called critical depth. I enjoyed much of it, but was aware from time to time of a certain shallowness. There are some good, and sometimes juicy, stories, including a quite outrageous one about an Irish broadcaster's sexual overnight with Princess Margaret. All the women Walsh encounters in publishing seem to combine good looks and power; the men seem by comparison characterless, except the top dogs for each of whom he has a colourful description as they appeared to him in 1982 – for example:

André Deutsch, age 65; appearance Mitteleuropean leprechaun; defining quality parsimony.

Tom Maschler, age 49; appearance Mediterranean pirate; defining quality bustle.

Sonny Mehta, age 40; appearance Bollywood film mogul; defining quality invisibility and silence.

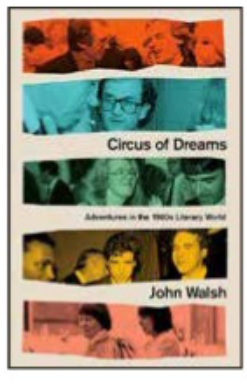
Baron Weidenfeld, age 63; appearance off-duty Pope, defining quality networking.

Among these figures, the Australian founder of Virago Press, Carmen Callil (whom Walsh, probably confusing her with fellow publisher Liz Calder, describes as New Zealand-born), age 44, appearance "slightly menacing nanny" and defining quality "being difficult". She is also described as "tough, tempestuous but game-changing"; one who "brought a wild colonial spirit to London".

Walsh's liveliest interest dates particularly from the time when Rupert Murdoch's battle with the print unions silenced the *Times Literary Supplement* for a year, creating a space for new literary publications: *London Review of Books, Literary Review, Quarto, Granta.* His admiration for the stars of that time, among them Martin (not Kingsley) Amis, Ian McEwan and Seamus Heaney, seems boundless. This is the period when the Booker Prize created passionate argument about books; when a single title gave such offence it invoked a fatwa, which put its author into hiding for 10 years; when the new bookselling chain Waterstones and the Hay Festival got started; when poets Seamus Heaney and Craig Raine were so expensively promoted they arrived to give their readings by helicopter. It was also the period when gay sex became explicit, as in the fiction of Jeanette Winterson and Alan Hollinghurst. "The 1980s books renaissance," Walsh writes, "was getting into its full swing, and we were happy ... I felt that literary journalism was the right sea in which to be swimming. I loved writing about books; I especially loved meeting the people who wrote them."

Among the reviewers he engaged, he rates John Carey the best and gives examples of his balance and wit. He cites Carey's review of Philip Larkin's *Selected Letters*, written after (Walsh writes) "the literary world had collectively clutched its pearls with horror" at Larkin's casual racism and fondness for images of pre-pubescent girls. Carey acknowledged "the howling inner emptiness, boredom, lassitude, hypochondria" that lay behind many of the letters, but was able to conclude "this is the most enjoyable, as well as the most enlightening, collection of letters I have ever read by any writer".

There are, of course, memorable quotations in this book. One is Salman Rushdie's schoolmaster at Rugby, asked to respond to the news of the fatwa, saying that as a boy, Salman had had "a way with words. But I would never have thought such a quiet boy would have ended up in such trouble." Another was William Golding, asked about the afterlife and saying he'd much rather there wasn't one. "I don't mind extinction. The important thing is that God exists, not that man does" – which struck me as a new and interesting paradox. ▮



This is the period when the Booker Prize created passionate argument about books, when a single title gave such offence it invoked a fatwa, when poets arrived to readings by helicopter.

Devils in the detail

by MICHELE HEWITSON

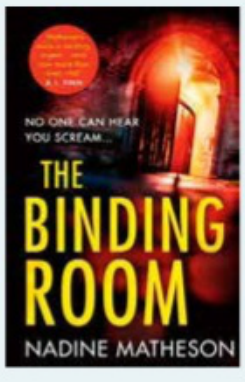
THE BINDING ROOM, *by Nadine Matheson (HarperCollins, $37.99), is out on September 7*

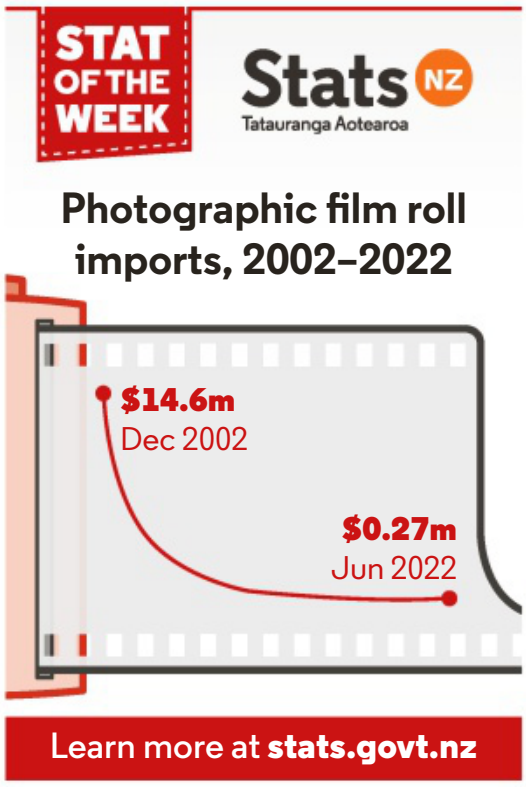
This thriller is so twisty at times that it becomes convoluted, making it tricky to keep up with its cast of characters, let alone the plot. But it's a mostly skilfully done police procedural about a series of grisly murders in which some of the victims are found bound and starved in rooms before dying horribly.

There is evidence of strange religious, or perhaps demonic, rituals. The first victim – who was murdered in a more conventional way, by stabbing – was a charismatic black minister who ran his own cult-like modern church. He was wealthy, with a complicated home life.

Detective Inspector Anjelica Henley, who has been assigned the case, has her own complications. She is seeing a therapist. She is supposed to be getting help after being attacked by a man called Olivier, who killed her old boss. Olivier may or may not be dead. She doesn't want to talk about any of this, to the frustration of her therapist, who says, "I would get a cat if I wanted non-verbal company."

She is indeed frustrating company, but an interesting and complicated character whose foibles are revealed with some accomplishment by Matheson. The writing is strong and smart and the dialogue credible. ▮





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BRIDGE by David Bird

NORTH
♠ 6 2
♥ 8 4 3 2
♦ A Q 3
♣ A K Q 8

WEST
♠ K J 10 7 5 3
♥ 5
♦ J 10 9 8
♣ J 6

EAST
♠ 9
♥ J 9 7 6
♦ 7 6 5 2
♣ 10 5 4 3

SOUTH
♠ A Q 8 4
♥ A K Q 10
♦ K 4
♣ 9 7 2

Love all, dealer West

West	North	East	South
2S	Dble	Pass	3S
Pass	4C	Pass	4NT
Pass	5C	Pass	6H
All Pass			

South's 4NT was Roman Key-card Blackwood, with clubs temporarily agreed as trumps. When South heard of three key cards, he bid 6H. West led the jack of diamonds, won with the king, and declarer cashed the ace-king of trumps, West discarding on the second round. How would you continue? All will be well if clubs break 3-3. Otherwise, an end-play will be needed on West. You cross to the ace of diamonds, finesse the 10 of trumps and cash the queen of trumps. When you play dummy's top clubs, West shows out on the third round. Your intention now is to duck the first round of spades to West, so he will have to lead a spade into the tenace at Trick 12. If West began with K-J-10-9-x-x in the spade suit, he will have to win your 8 with the 9 and will find himself end-played. You can also make the contract when the cards lie as in the diagram, with East holding a singleton 9. At Trick 10, you cash the ace of diamonds, discarding your 4 of spades. West is down to K-J-10-7 of spades. What can he throw? If he throws the 7, he will have to overtake the 9 on the next trick. If, instead, he throws the 10 of spades, you can cover East's 9 with the queen to end-play West. The play is known as a one-suit squeeze.

BIDDING QUIZ

WEST	West	North	East	South
♠ 9 8 6	—	1H	1NT	Pass
♥ 10	?			
♦ A K 8 7 5 2				
♣ J 9 6				

What will you respond on this West hand?
(Answer on page 58.)

TAKE 5 by Simon Shuker

1	■	2	3	4	5	1
4	6	5	■	■	■	6
3	■	1	4	2	6	7
8	■	9	■	5	■	6
10	3	1	9	3	■	2
5	■	■	■	4	6	7
8	5	3	1	9	■	1

No.1429

Enter the letter given, then solve.

7 = B

Solution 1428

P	L	U	M	B	S	■
E	■	■	■	E	■	S
T	E	M	P	E	S	T
R	■	O	■	R	■	U
O	P	O	S	S	U	M
L	■	R	■	■	■	P
■	U	S	U	R	P	S

BARDEN'S CHESS PROBLEMS

David Zakarian v Alan Byron, British championship, Llandudno, 2017
How did White (to play) meet the threat of Qg1+?
(Answer on page 58.)

QUIZWORD by Alan Shuker

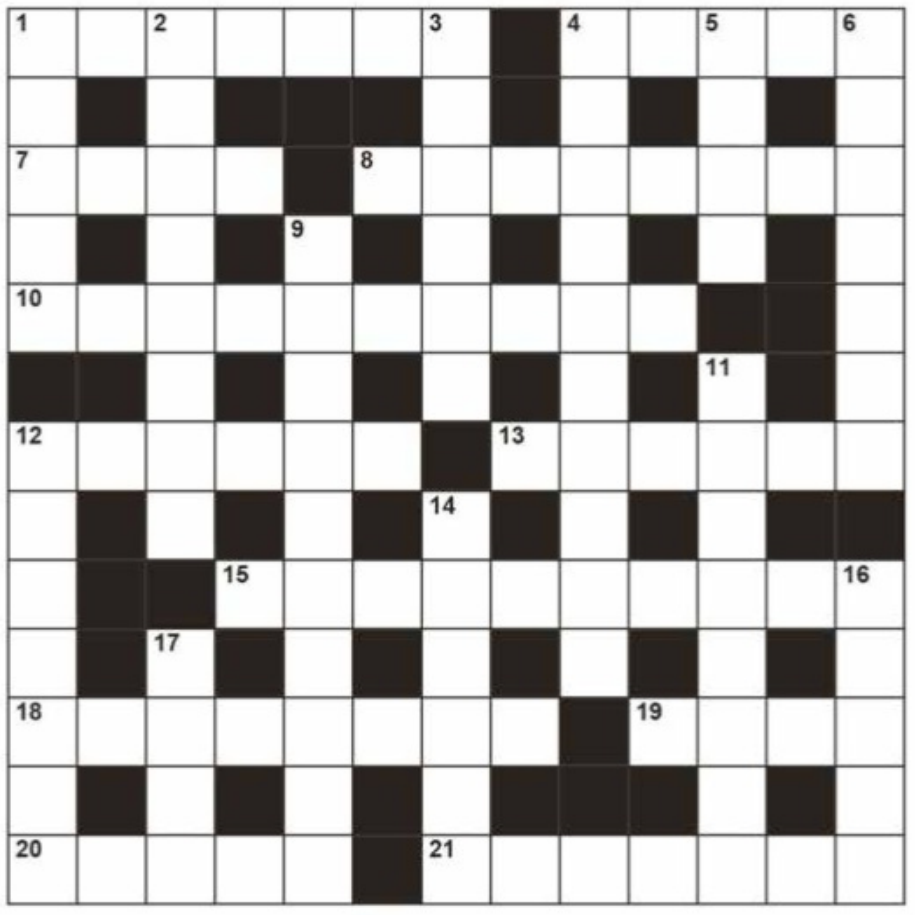
Puzzle No 1665

Clues across

1/4. Who never missed a single concert throughout his 58-year career with the Rolling Stones? (7,5)
7. What cross with a loop for its upper vertical arm was an emblem of life in ancient Egypt? (4)
8. Actor and recording artist William Shatner was born in the Notre-Dame-de-Grâce neighbourhood where? (8)
10. Which Australian kingfisher is known for its laughing call? (10)
12. What was Admiral Nelson's body preserved in for the long voyage back to port? (6)
13. What country was formerly called British Honduras? (6)
15. Originating from Spanish for "devotee of bullfighting", what is an ardent follower of any hobby or activity? (10)
18. What is a feeling of exaggerated elation? (8)
19. What is either of the two halves of an archery bow from handle to tip? (4)
20. Canadian John McCrae wrote the poem *In Flanders Fields* after a close friend was killed during a World War I battle where? (5)
21. What is the chemical element formerly named hydrargyrum? (7)

Clues down

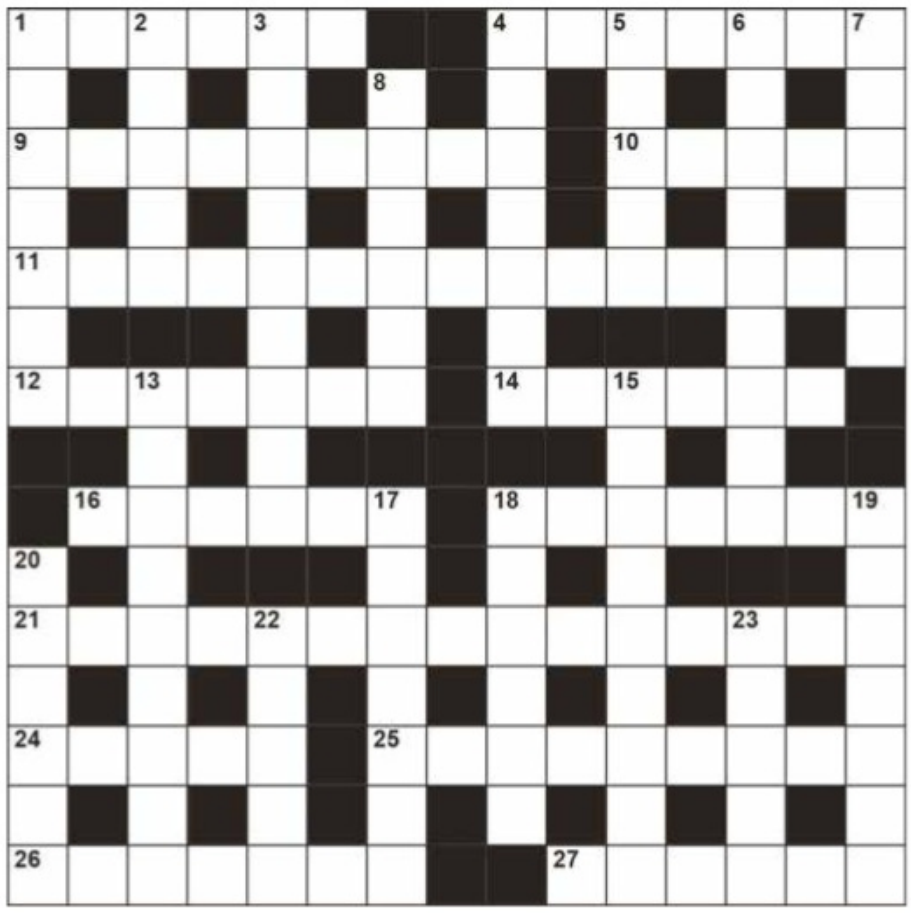
1. What is a stick of calcium carbonate? (5)
2. Leading the UK's naval forces during the invasion of Iraq, which former Royal Navy flagship was sold for £3m scrap in 2012? (3,5)
3. Which book of the *Bible* tells of the departure of the Israelites out of slavery in Egypt? (6)
4. Controversial since 2007, what is the official state vegetable of Oklahoma? (10)
5. What describes something affectedly dainty or refined? (4)
6. What is a diagonal X-shaped cross, for example on the Scottish flag? (7)
9. Still a fairground favourite, what was invented by a dentist in 1897? (10)
11. What dessert has coffee and liquor-soaked layers of sponge alternating with mascarpone cheese and chocolate? (8)
12. What is a fortified emplacement for heavy guns? (7)
14. What is the division of a group into opposing factions? (6)
16. "Stars appear and the shadows are fallin'" are lyrics in which 1957 hit song? (2,3)
17. What is a short branch off a main railway line? (4)



Solution 1664 **Across:** **6** Umpire, **7** Nevada, **10** Mandala, **11/12** Eliot Ness, **13** Tweed, **16** Apple, **17** Oslo, **20** Ricin, **21** Orinoco, **22** Sorbet, **23** Ealing. **Down:** **1** Hummingbirds, **2** Spanish, **3** Groat, **4** Leveret, **5/8** David Attenborough, **9** Fay Weldon, **14** Sponges, **15** Estonia, **18** Ochre, **19** Nīkau.

CROSSWORD by David Tossman

Puzzle No 1297



Clues across

1. Kinky sexuality displayed when tux is somehow removed without effort (6)
4. Share the cost of having divinity cut off by husband (2, 5)
9. Detestable parent madly grabbing reassembled gun (9)
10. Writer goes around California to find a nut (5)
11. An out-of-court statement representing achiever as needy (7,8)
12. Rain hit out of nothingness (4,3)
14. Initiate a complete absence of moral deficiency (6)
16. Poke fun at first person said to have scotch fillet (3,3)
18. Mutilated fish seized by doctor (7)
21. Mad women's herbalist determines guilt (15)
24. A hearing test (5)
25. Townspeople provide almost despicable beers (9)
26. Mentioned audibly as spotted (7)
27. Buckled when hit forcefully (6)

Clues down

1. Distance good enough for the *Listener* gives others a shake (7)
2. Colour that appears as pie is cooked (5)
3. Member is deceased: do what parliament is supposed to do (9)
4. Took revenge using information about blackball being reversed (3,4)
5. Theologian takes no exercise but is under the influence of a performance-affecting substance (5)
6. Hit "cancel" mistakenly when relating to a computer, for example (9)
7. Handicap makes one even further back? (6)
8. Legal eagle appears in "Birds of Prey", Walt Disney's turnaround production (6)
13. One winning at chess embracing computing or reproducing its behaviour (9)
15. Five signal a turn to provide proof of innocence (9)
17. Worked out how device defrosted with passion turned up (7)
18. The strong character of an ironman, would you say? (6)
19. Obsolete penny issued in error (7)
20. Seaman upon a setback slacks off (6)
22. Ecstasy – white powder taken up in brilliant style (5)
23. Put up with a bit of an enterectomy (5)

Solution No 1296

su | do | ku

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

7					9		8	6
	2	9		8	6			
			5				3	
6	9		8			7		5
2		5			1		6	4
	7				8			
			1	5		8	4	
5	3		9					7

842 MEDIUM

			7			4	2	
5						8		
	8		5			6		
	2			8		9		
				9				
		6		4			7	
		3			4		6	
		7						2
	4	2			1			

653 HARD

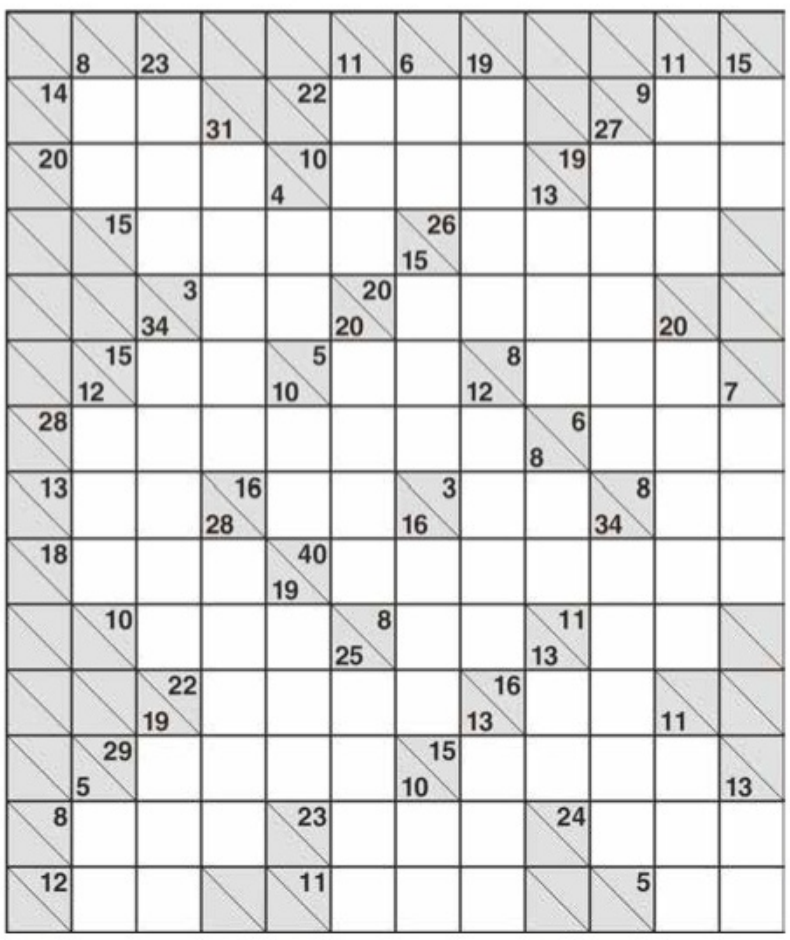
LAST WEEK'S SOLUTION

9	1	7	2	6	5	3	8	4
3	8	4	9	7	1	5	2	6
6	2	5	3	8	4	1	7	9
8	6	2	7	1	3	9	4	5
4	9	1	6	5	2	8	3	7
5	7	3	8	4	9	6	1	2
2	3	6	1	9	7	4	5	8
7	5	8	4	3	6	2	9	1
1	4	9	5	2	8	7	6	3

LAST WEEK'S SOLUTION

4	5	2	8	6	9	3	7	1
7	8	9	4	1	3	2	6	5
6	3	1	5	7	2	9	8	4
8	2	7	9	5	6	1	4	3
5	1	6	3	8	4	7	9	2
9	4	3	1	2	7	6	5	8
3	9	5	7	4	1	8	2	6
2	7	8	6	3	5	4	1	9
1	6	4	2	9	8	5	3	7

KAKURO 816



1. Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used once in each block.

LAST WEEK'S SOLUTION

2	8	9					1	2	6
1	2	6	8	9		2	5	9	7	8
	1	3	2	6		3	1		1	5
		1	3	2	4	7			6	9
6	2			3	1	5	7	9	8	
9	8		8	1		1	2	4		
	9	1	3				1	7	5	
		2	6	1		7	3		3	7
	3	6	9	8	7	4			1	5
9	7			9	1	8	2	3		
5	2		3	7		5	1	2	3	
7	1	3	5	4		9	4	7	8	5
8	5	9						9	1	7

BRIDGE BIDDING QUIZ SOLUTION

Partner's overcall shows around 15-18 and a good stopper in hearts. Eight points is not normally enough to raise to game, but here you have good hopes that your partner will be able to score a large number of diamond tricks. It would be a waste of time to introduce your diamond suit.
Awards: 3NT – 10, 3D – 6, 2D (if natural) – 4, Pass – 3.

CHESS SOLUTION

1 Rxg8+! Kxg8 2 Qc4+ Kf8 3 Qc8+ Ke7 4 Qe8 mate.

10 QUICK QUESTIONS ANSWERS

1. Sling.
2. Ansett New Zealand.
3. Grand tour.
4. Drums.
5. Camels were used by police in remote parts of Australia until the early 1950s.
6. Pelagic.
7. The Castle of Zenda in *The Prisoner of Zend*a.
8. Chickenpox.
9. *Flying High!* (also known as *Airplane!*) was co-directed by Jim Abrahams and the Zucker brothers.
10. Smokejumpers are firefighters who parachute into hard-to-reach areas.

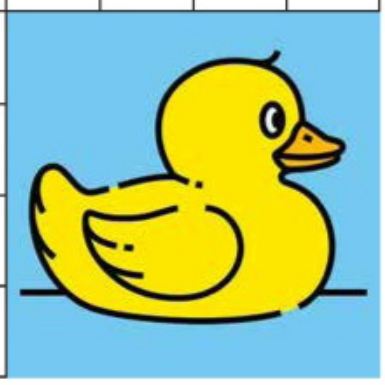
LOGIC PUZZLE PLASTIC PLAYMATES

Four children have each bought a different plastic animal toy:

1. The giraffe costs more than the elephant.
2. Kate's toy is either $6 or $8.
3. Colin's toy is either a crocodile or an elephant.
4. Regarding the crocodile and the duck, one belongs to Asher and the other is $7.
5. Ruby's toy cost $1 less than Asher's.

Using these clues and the grid below, can you work out the details of each child's toy?

		CHILD				ANIMAL			
		Asher	Colin	Kate	Ruby	Crocodile	Duck	Elephant	Giraffe
PRICE	$6								
	$7								
	$8								
	$9								
ANIMAL	Crocodile								
	Duck								
	Elephant								
	Giraffe								



You may write your answers in this grid:

CHILD	ANIMAL	PRICE
Asher		
Colin		
Kate		
Ruby		

CLUELESS CROSSWORD

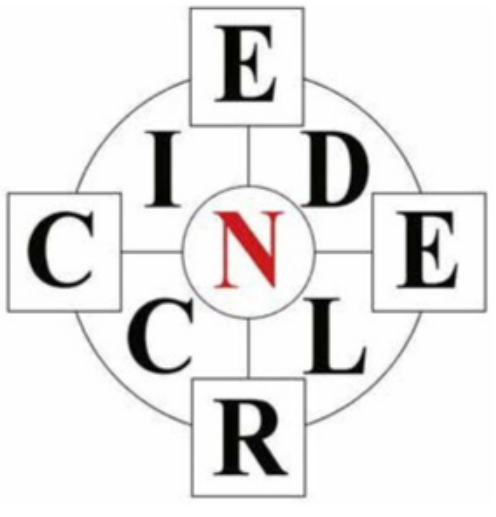
Each letter of the alphabet is represented by a different number from 1 to 26. Use your knowledge of English to solve the crossword. Some clue letters are given.

16	■	24	12	25	L	18	16	■	22	25	13	13
2	26	4	6	■	12	■	18	26	19	■	12	■
12	■	3	14	9	2	12	5	■	12	16	23	16
3	19	19	6	■	23	■	19	■	16	18	19	22
■	5	■	■	10	19	8	12	10	■	12	■	12
7	12	11	10	12	11	■	15	19	12	6	19	5
19	■	12	■	20	■	■	■	12	■	17	■	23
3	19	26	12	10	13	■	12	22	4	12	5	11
3	■	14	■	19	1	19	2	18	■	■	11	■
19	8	14	16	■	14	■	Q	■	4	18	19	15
20	25	16	18	■	5	14	U	6	20	16	■	12
■	5	■	12	6	20	■	4	■	10	12	5	23
21	25	12	11	■	16	4	18	18	19	5	■	19

1	2	3	4	5	6	7	8	9	10	11	12	13
									L			
14	15	16	17	18	19	20	21	22	23	24	25	26
							Q				U	

A B C D E F G H I J K L M
N O P Q R S T U V W X Y Z

SCATTERWORD



Your aim is to create words of four letters or more using the given letters once, but always including the middle letter. Do not use proper names or plural/verb forms that add only "s".

See if you can find the nine-letter word using all the letters.

21 GOOD

25 VERY GOOD

29+ EXCELLENT

PERMUTATE TEMPERATE

Your aim is to change the top word one letter at a time, each time rearranging the letters to create a new word. Perform one such permutation for each blank line below until you arrive at the last word. There is usually more than one correct solution. See how many you can find in 15 mins.

C H I L D

___ ___ ___ ___ ___

___ ___ ___ ___ ___

___ ___ ___ ___ ___

___ ___ ___ ___ ___

A M U S E

Last week's solutions. Logic Puzzle: Gwen buys a 0.7 carat orange diamond, Lois buys a 1.3 carat blue diamond, Michael buys a 0.9 carat purple diamond and Travis buys a 1.1 carat pink diamond. **Scatterword:** PURGATORY, ragout, uproar, turgor, yogurt, group, grout, roupy, ragu, auto, prau, yaup, ruta, gout, pour, roup, pout, rout, tour, your, purr. 21 words.
Permutate: CARAT, CATER/CRATE/REACT ETC., CARVE/CAVER/CRAVE, CALVE, LEAVE, BEVEL

Clueless crossword:

1	2	3	4	5	6	7	8	9	10	11	12	13
S	V	B	K	D	M	T	E	U	J	W	L	X
14	15	16	17	18	19	20	21	22	23	24	25	26
O	Z	C	Y	P	A	F	G	N	R	I	H	Q

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Protest action

How director Tearepa Kahi fused fictional blockbuster thrills with Māori history in his new feature, *Muru*. by RUSSELL BAILLIE

Muru is ostensibly a movie about the October 2007 police anti-terrorism raids in the Tūhoe communities of Rūātoki and Tāneatua. It's set there and in the surrounding valleys of Te Urewera, it was filmed there, and its many extras and workers were drawn from the local community. And veteran Tūhoe artist-activist Tame Iti, who was arrested during the raids, stars in the film – as himself.

But the movie opens with titles explaining that while it was inspired by the events of 15 years ago, it's not a depiction of them. It declares: "This is a response."

It's a response that is a deft juggling act. It's both a protest work and a tense action-thriller – one that harks back to early New Zealand films such as *Sleeping Dogs* and *Bad Blood*. Even its name, *Muru* – a Māori concept of forgiveness or restorative justice – has echoes of *Utu*, the 1983 Geoff Murphy film about avenging warrior Te Wheke, set during the New Zealand Wars.

But it's also a character-based drama anchored on a local cop, played by Cliff Curtis, whose duties also include driving the school bus and caring for his aged father. He gets caught between his community and the anti-terror squad who are taking their orders from the Beehive.

Muru also hinges on the character of troubled teenager Rusty/ Waikura (Poroaki Merritt-McDonald), who has recently returned to the community after getting caught up in the justice system. When the squad swoops in and starts pulling people from their beds and holding guns to their heads, the angry young man is caught in the crossfire.

"*Muru* is an opportunity to speak truth to power through cinema, because the ache is still real."

It's the fourth feature by director Tearepa Kahi. His earlier films have been much gentler affairs, whether it was the young band drama of *Mt Zion* or his celebratory music documentaries *Herbs: Songs of Freedom* and *Poi E: The Story of Our Song*. But it was a conversation with Iti – a few years after Iti served nine months in jail for firearms offences emerging from the raid, and who Kahi and his producer wife, Reikura, had long known through their respective fathers – that he started to ponder a movie.

"That's when a little light bulb went off in terms of not setting the record straight, but how can we tell a story that gives [Iti's] truth and actually speaks to what really happened in terms of the personal impact."

While the raids, for which the police apologised to Tūhoe in 2014, is the foundation, *Muru's* script was also influenced by other events that predate 2007.

The figure of Rusty/Waikura was inspired by Steven Wallace, the 23-year-old shot dead by police in 2000 after he went on a window-smashing spree in the centre of Waitara, Taranaki. The Wallace story had also influenced Kahi's 2005 debut short, *The Speaker*, about a tagger caught by police but whose brother takes the blame. Kahi was the same age as Wallace when the short was made.

"What happened to him was part of my personal and artistic response through that short film," Kahi tells the *Listener*. "And so he's been a part of my fabric for a long time, because I've been a frustrated 23-year-old ... I just thought if I can create a character that could show an alternative pathway to what happened to him."

That was part of his early discussions with Curtis, whose working relationship dates back to when the actor executive-produced Kahi's second short film, *Tauā: War Party*, an ambitious precolonial tale about warriors hauling a massive waka through the bush of the Waitākere Ranges. Curtis was also a producer on the Herbs film and both were producers on the 2018 doco about pioneering Māori film-maker Merata Mita, *Merata: How Mum Decolonised the Screen*.

The other major influence on *Muru* was the idea that the 2007 raid shouldn't be seen in isolation – that it was another chapter in Tūhoe's long history of conflict with the Crown, including the 1916 arrest of religious and tribal leader Rua Kēnana in a police raid of his community at Maungapōhatu, in which one of his sons and a cousin were shot dead.

That the film might encompass the iwi's longer view came from early meetings Kahi had in Rūātoki as he sounded out locals' feelings.

"One of the ladies there said, 'So, it's just about the events of one day.' And I said 'Yes, absolutely, we're going to nail this', because at the time, the script was quite faithful in its depiction.

"But I'll never forget her face when she said, 'Because if this is about the events of one day, I don't support it because the government had been doing this to us systematically ... This has happened over and over again. So if you're only telling one day, I don't support it. If you're telling the full story,

JAWBONE PICTURES, WHEKE GROUP LIMITED

Above, Tūhoe artist and activist Tame Iti plays himself in *Muru*. Below, Cliff Curtis, left, and Xavier Horan in a scene from the film.

that's what we want.'"

Kahi was persuaded. He talked to Curtis about possibly moving the story away from a blow-by-blow depiction of the events of 2007 into something allegorical. "Still tell the truth, but not based on plot points."

He redrafted his script – not for the last time. Kahi was happy that the story he now wanted to tell was emerging.

"The story I wanted to tell was one that draws on real events but doesn't keep us mired or stuck in the era. I had written the faithful version, and it made the government look like idiots – it almost looked like an assassination piece. But I thought we were missing a real opportunity if we tell that story as it happened. This is something that can hopefully show the real impacts and get beyond that.

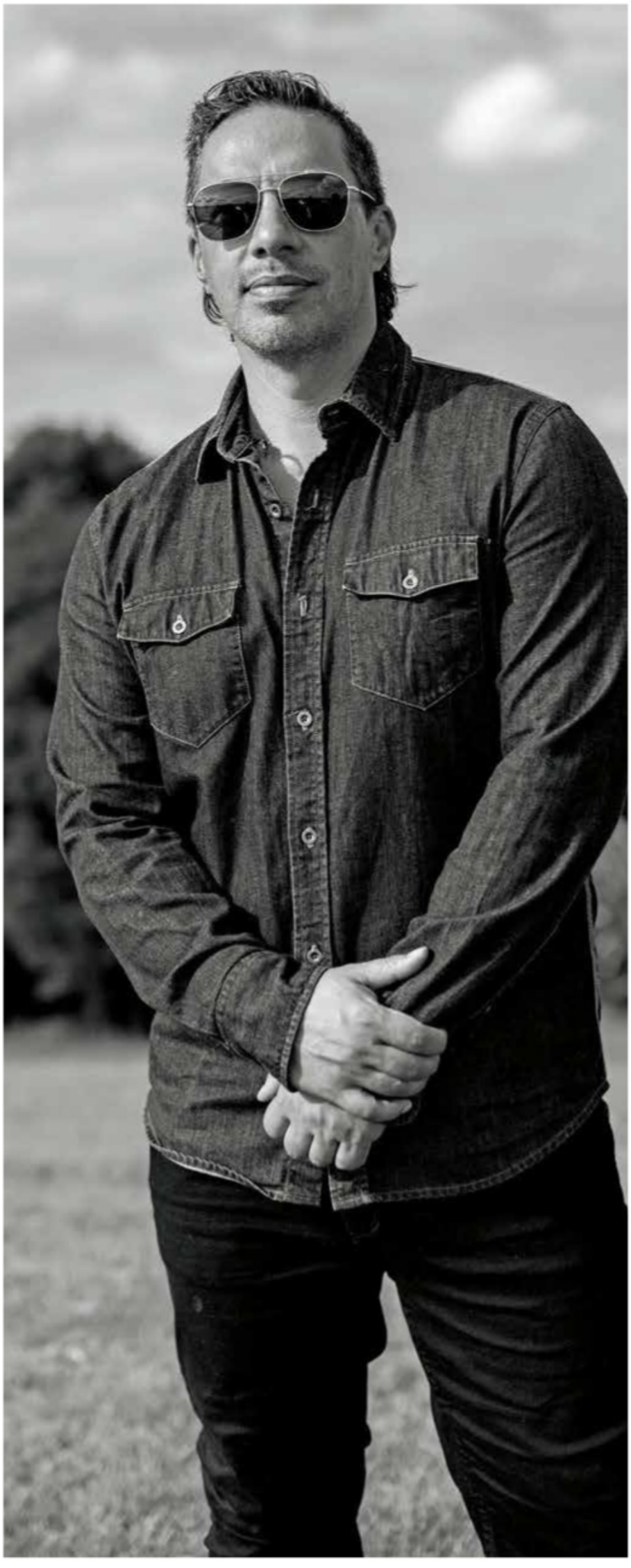
"*Muru* is an opportunity to speak truth to power through cinema, because the ache is still real."

While Curtis had been cast in the film from the beginning, the casting of Iti took its own good time as Kahi reworked the script. Hearing of Curtis' involvement, Iti briefly thought the actor was going to be playing him. Eventually, Kahi told Iti he was the only man for the job.

Kahi says *Poi E* was an influence – he restructured the documentary around archive interviews with the song's co-writer Dalvanius Prime to make him its storyteller. "Only Dalvanius could play Dalvanius, and it was the same thing with this. Why ask an actor to portray Tame? That would just be a betrayal to everyone. So Tame has to play Tame."

Shot in the summer of 2019-20, *Muru* also stars Jay Ryan and Manu Bennett as rival members of the anti-terror squad, Simone Kessell as part of a surveillance team and musician-actor Troy Kingi as Rusty's stepfather.

The film represents the



JAWBONE PICTURES; WHEKE GROUP LIMITED

Tearepa Kahi: a deft juggling act.

"The story I wanted to tell was one that draws on real events but doesn't keep us mired or stuck in the era."

third film for the Kahi family director-producer team. Three of their four children are among the kids in the school bus driven by Curtis (who had to get a bus licence for the film) that gets caught up in events.

Reikura Kahi laughs that while producing a film of many moving parts – including a police helicopter, high-speed ute chases, a stunt crew, a location shoot – had its challenges, corralling the various members of Herbs together was possibly harder.

Now, the pair are working on their next film, a feature about a squad of Māori Battalion soldiers in World War II Italy encountering German armour while out hunting for hāngī supplies in a forest. "It's funny, heart-wrenching and it's got panzers," Tearepa laughs.

First, though, the director is taking *Muru* to the Toronto International Film Festival where it's screening in the Contemporary World Cinema section.

The film was the opening-night screening at the New Zealand International Film Festival in the main centres. Kahi is on the festival board but was still chuffed the programmers independently chose *Muru* as the event's lead-off, just as *Poi E* had been in 2016.

"I thought it was a brave step on their behalf. It wasn't like we were planning for it to be a festival film. It was not part of the original plan."

He enjoyed the audience feedback, especially from some members of "the classic film festival crowd" in Dunedin. "A lovely lady came up to me at the end and said, 'If I'd known it was going to be that violent I wouldn't have come. But great film, I loved it.' And another guy said, 'I was expecting a festival film and I saw a blockbuster.'" ▮

Muru is at cinemas now.

FILM

SARAH WATT

Ordinary evil

A gripping study of greed and betrayal in WWII Paris.

Three-hander: Daniel Auteuil, Sara Giraudeau and Gilles Lellouche in *Farewell Mr Haffmann*.

FAREWELL MR HAFFMANN
directed by Fred Cavayé

In 1941 Paris, Jewish citizens are facing the invidious choice of being rounded up or forced into hiding. Among them is jeweller Joseph Haffmann (Daniel Auteuil), who, as he prepares his escape, makes a generous offer to his gentile assistant, François Mercier (Gilles Lellouche), entrusting the business to his grateful employee until he can return.

The first 30 minutes of this Holocaust drama are engrossing enough, but it's the shocking ethical dilemma that drops like a bombshell and turns this into a gripping drama and a startlingly fresh take on a familiar scenario.

From that point on, *Farewell Mr Haffmann* builds as a nail-biting interrogation of complex moral boundaries, and decisions driven by insecurity, desperation and blackmail.

Auteuil gets top billing as the eponymous artisan of Polish extraction whose life is in peril after his plans to flee are thwarted. But in terms of dramatic range, this is Lellouche's film. The handsome hunk is best known for playing lotharios (*Little White Lies*) and lawbreakers (he makes a memorable thug in the modern classic *Tell No One*), but here dons a dowdy cardigan and all the anxieties of a man with a limp and an inability to have children.

Mercier oscillates between devoted husband to Blanche (a terrific Sara Giraudeau) and mercenary survivor. It's in his scenes of sycophancy towards the Nazi occupiers, buying trinkets for their sweethearts, that our stomachs tighten. As Mercier clinks glasses with the enemy, Blanche begins to see her husband in a harsh new light.

Director Fred Cavayé's adaptation of Jean-Philippe Daguerre's award-winning play largely remains a three-hander mostly confined to one space.

As a study of hands-tied betrayal, and the depths to which one will descend to save what he loves, *Farewell Mr Haffmann* is a fascinating and twisting thriller. ★★★★★

IN CINEMAS NOW

Mane event

An intelligent addition to the survival-movie genre.

Restoring pride: Idris Elba in *Beast*.

BEAST
directed by Baltasar Kormákur

Icelandic director Baltasar Kormákur clearly loves a survival thriller. In *The Deep*, he capsized a lone fisherman into freezing waters; 2015's *Everest* depicted the 1996 alpine disaster in which Rob Hall and seven others died. With *Adrift*, he had Shailene Woodley lost at sea. In his fictional latest, Kormákur is throwing Idris Elba to the lions.

Brandishing a tranquilliser gun one minute, and fashioning a makeshift suture the next, Elba is a blast as Dr Nate Daniels, an emotionally absent father taking his feisty teenage daughters to a South African game reserve as they grieve their mother. But their safari, guided by Nate's old mate, wildlife biologist Martin Battles (Sharlto Copley), turns deadly.

Beast may be a straightforward hunter-prey narrative, but to Kormákur's great credit it's adeptly told through smart performances and breathtaking photography set against stunning scenery. Long takes and follow-shots immerse the viewer in the action, like one of the better rides at Universal Studios, and there are clear nods to *Jurassic Park* (it's on one daughter's T-shirt) with plenty of jump scares.

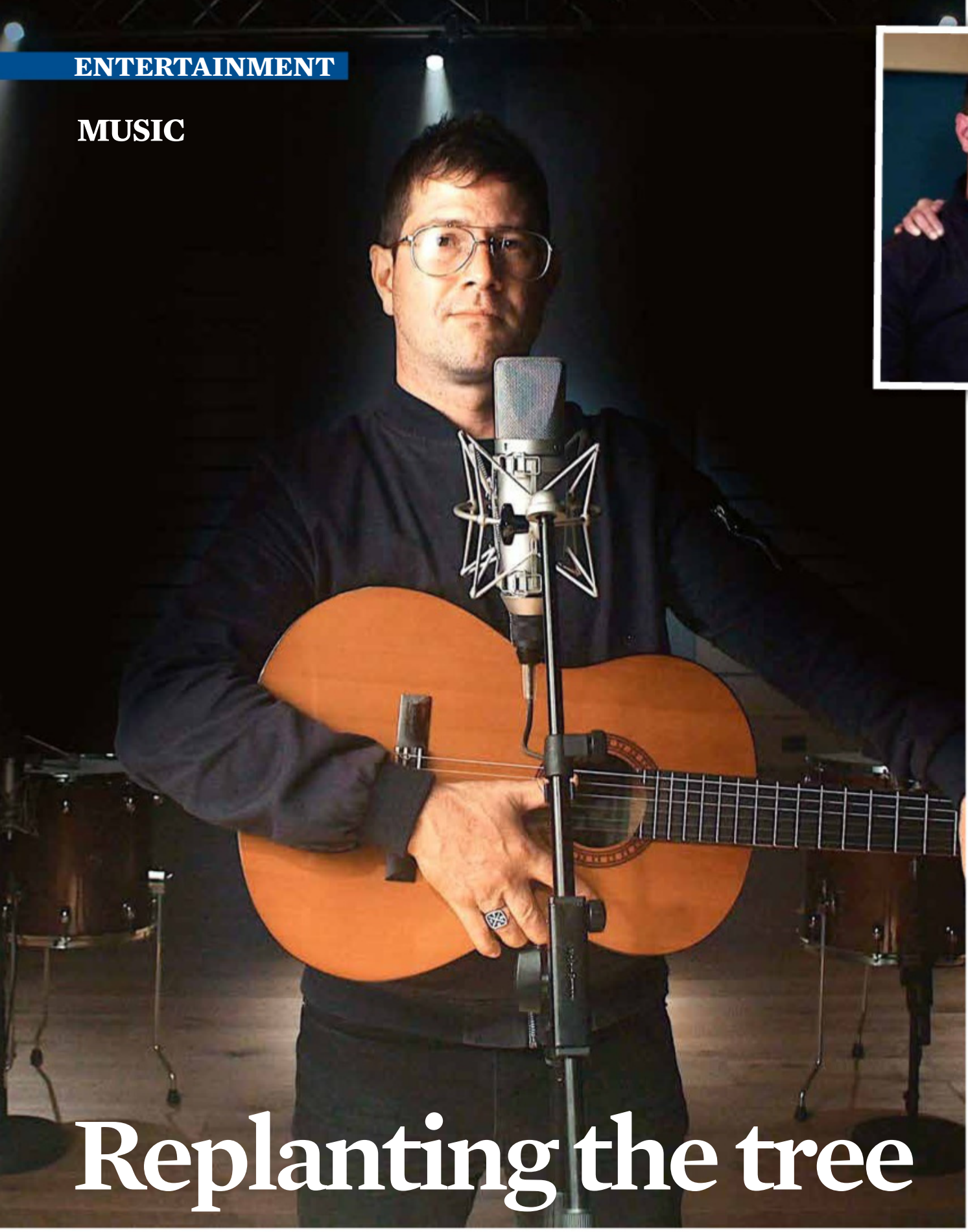
Elba is supported by two superb youngsters in Iyana Halley and Leah Jeffries, both girls bringing pluck to roles that normally demand just a damsel in distress.

The lions themselves, CGI or not, are sensational, and just as convincing as the bear in *The Revenant*.

Beast's propulsive energy isn't quite sustained into the second half, but it's still an intelligent addition to the genre. And given how awful both Elba's last survival story (*The Mountain Between Us*) and his last feline feature (*Cats*) were, *Beast* allows him to restore some pride. ★★★½

IN CINEMAS NOW

Films are rated out of 5:
★ **(abysmal) to** ★★★★★ **(amazing)**



Replanting the tree

Preparing a song for the *Waiata/Anthems* compilation took musician Barnaby Weir and his mother on a stirring personal journey. by RUSSELL BROWN

RENATI WAAKA

It took Barnaby Weir a wee while to realise he had the perfect song for *Waiata/Anthems*. "Then, once we chose the song, I realised it was going to be quite full-on."

The project, now in its second year, invites New Zealand musicians to record a track in te reo Māori and follows them for 15 minutes of television as they do it. Most re-record one of their hits; a few write something new. For Black Seeds frontman Weir, the answer turned out to be a deep cut from the early days of his side-project ensemble, Fly My Pretties.

There's not much to *Family Tree* – it's a simple melody over an even simpler strum. But when Weir wrote it in 2004, he was dealing with his parents' separation, which had brought up the matter of who *he* was. His mother, Judi Weir, is Māori, but she was adopted into a Pākehā family in the 1950s and her whakapapa has been an unknown to her and her son.

Weir was initially hesitant when series director Julia Parnell, who demonstrated an ability to bring out the emotional backdrop to a music story with her Chills documentary, suggested that Judi could be part of the TV episode.

A battle of emotions. Barnaby Weir, left, and with his mother, Judi Weir.

"Being on TV is not something she's used to, but she was actually really forthcoming with the commitment to it," says Weir. "She was into talking about it. I was actually surprised, but I'm proud of her for being open and honest about her story."

Judi Weir's story, and the way it flows through to her son, became the heart of the episode. With only 15 minutes to work with, much of the recording and learning of the language, usually core content for *Waiata/ Anthems*, gave way to that story.

In a conversation with her son near the beginning of the episode, Judi unburdens herself, repeatedly putting her hand over her heart – and thumping her lapel mic in the process. Under normal circumstances, the director might have suggested another take. But not here.

"That's right," says Weir. "There's a rawness about the subject and there were no second or third takes of the more emotional parts. Julia does a beautiful job of storytelling and she was quite intense with her questions to get the best out of us. I really respect her sensitivity with it."

The result is a process Judi describes at its conclusion as "an enormously profound experience for me" – and a film in which mother and son are brimming with tears much

of the time. "I was emotional for Mum through some of her stories," says Weir. "And in some of the questions to me, you know, it's happening right there – the journey and the struggle is happening right in front of the camera. I just had to be open to that. You have to let go of being shy in front of the camera. It's like a little battle – you're battling your reasoning and yourself. You want to say the right things, you want to come across well on camera, but at the same time, you're feeling like it's a battle of emotions."

The other key character in the film is Taranaki iwi leader Wharehoka Wano, who translated what would became the song *Tō Kātua Whānau*.

"Wharehoka welcomed us with open arms and took us to Parihaka, where Māori refugees flocked to after the New Zealand Wars. They're used to the narrative of people not knowing their iwi, not knowing where they're from, their whakapapa, and being a bit lost."

Weir says the song will likely feature in Fly My Pretties' shows this coming summer. But having opened themselves up for the project, he and his mother will continue their whakapapa journey more privately.

"I need to have a catch-up with Mum about it. We'll see what her next steps are. She has done a DNA test and has had some results. But do we want to hassle people about that? We don't know. Do we say, 'Hello, I'm your long-lost cousin'? It's just going to be a natural thing. We're not going to be forcing the issue on anyone. But there's a lot more to come, if we want it, in terms of the family history." ▮

The second Waiata/ Anthems, *which also features songs by Tim Finn, Lorde, and Kora among others, is on TVNZ+.*

MUSIC

GRAHAM REID

Close to the bone

With *Pre Pleasure*, Julia Jacklin completes a trifecta of absorbing, adult albums.

Julia Jacklin: allows death and doubt to hover in the wings.

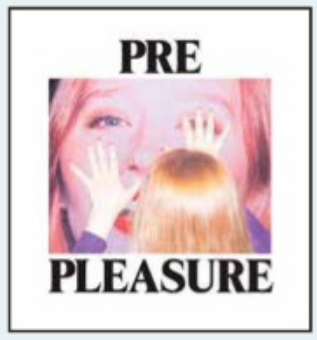
PRE PLEASURE, *by Julia Jacklin*

Julia Jacklin is one of the most important and interesting Australian talents of the past decade. On her two previous albums, *Don't Let the Kids Win* and *Crushing*, she proved herself a writer of poignant ballads that were self-analytical but never self-indulgent.

On 2019's *Crushing*, the then-28-year-old delivered sophisticated and mature assessments of her life in the spotlight (*Pressure to Party*), the death of a friend (*When the Family Flies In*) and the preternaturally insightful consideration of how to keep a relationship alive over time (*Don't Know How to Keep Loving You*): "What if I cleaned up, what if I worked on my skin?"

Never maudlin, her 2016 debut, *When the Family Flies In*, just sounds ineffably sad. She allows death and doubt to hover in the wings, as she does on her new album, *Pre Pleasure*, in which songs such as *Less of a Stranger* address her relationship with her parents, especially her mother. Over a quiet guitar strum, it is engrossing in its intimacy.

Elsewhere, she fires off a thrilling slice of droning power-pop on *I Was Neon*, where she worries about reverting to something she once was.



As on *Crushing*, Jacklin is at home in alt-folk territory in the nagging Velvet Underground-esque throb of *Magic* and in the wistful revery of *Too in Love to Die*: "If this plane were to go down, surely the love I feel for him would soften the ground."

Jacklin has a core band that includes bassist Ben Whiteley and guitarist Will Kidman of Canadian band The Weather Station. In addition, a couple of string arrangements are by another acclaimed Canadian, Owen Pallett (Arcade Fire, Mountain Goats, Grizzly Bear).

That's the company she now keeps. But central is her assured, expressive voice.

She plays the responsible adult in the dream-pop song *Be Careful with Yourself*, where she offers the wise counsel to "please stop smoking" and "stick to the [speed] limit". But she is also openly speaking of male and female lovers while doing so.

And she nails down details of formative childhood and teenage experiences, as on the quietly loaded *Lydia Wears a Cross*: "Eyes to the board, thoughts to our Lord, we were praying for Princess Diana. Ms Brown was keeping score, Vivien's holding on but singing every single word wrong on the parade float. Just a child in a leotard beneath a technicolour dream coat."

Jacklin has yet to get mainstream attention, and this album may not do it, but with *Pre Pleasure*, she has now delivered a trifecta of significant, adult and absorbing albums. ▮

Pre Pleasure *is now available digitally, on CD and vinyl.*

GETTY IMAGES

TV PREVIEW

On speaking terms

How Māori Language Week is being marked in prime time. by RUSSELL BAILLIE

SPEAK NO MĀORI (TVNZ 1), KIA ORA, GOOD EVENING (THREE), *both Tuesday, September 13, 8.40pm.*

This year's Te Wiki o te Reo Māori/Māori Language Week also marks the 50th anniversary of the presentation of the Māori language petition to Parliament. It was a landmark in the revitalisation and recognition of the language. The reasons behind its lasting impact in the decades since forms a large part of *Speak No Māori*, a powerful, insightful and hopeful documentary that also examines the postcolonial history and contemporary state of te reo.

It does that in a mix of subtitled Māori and English, with an array of academics, former activists, and politicians past and present. As well, there are representatives of a new generation of parents who had a kōhanga reo and kura kaupapa education and whose own tamariki are now attending. The doco looks at how the petition helped found the language immersion education system, as well as leading to Māori broadcasting, and the enshrining of te reo as an official language of Aotearoa.

First, though, the programme recounts how the Māori language was suppressed for the best part of a century in the native schools, which dished out corporal punishment for pupils caught speaking te reo, and which lasted until 1969. The Māori urban drift of the post-war years also contributed to the language loss, which began to stretch across generations.

Among those offering historic insights are Dr Vini Olsen-Reeder, Dr Ruakere Hond, Māori Language Commissioner Professor Rawinia Higgins and Sir Tīmoti Kāretu, while one-time Minister of Māori Affairs Dover Samuels is among those talking about his unhappy memories of being caned at his native school.

Former members of activist group Ngā Tamatoa, Dr Teorongonui Josie Keelan and Rawiri Paratene, and Victoria University's Te Reo Māori Society, Dr Cathy Dewes and her brother Whaimutu Dewes, recall how the groups' joint efforts led to the petition with 30,000 signatures being delivered to Parliament on September 14, 1972.

Speak No Māori is one of two te reo docos on competing channels on the same night. In *Kia Ora, Good Evening*, Three's veteran newsman Mike McRoberts ponders his personal and professional life as a Māori who didn't speak the language until he took it up in recent years.

"Learning te reo has brought a calmness to me," he told the *Listener*. "Being Māori and not being able to speak or understand the language was a source of great anxiety. And while I still have a long way to go, it's already a part of my identity."

He didn't have to think hard about being both the subject and teller of the story in the doco. "I've spent a career convincing people to let me tell their personal stories in order to highlight a particular issue or situation. So, when it was suggested a story about my own te reo journey might benefit others, I couldn't really refuse ... this is me as the audience has never seen me."

Above, Dr Teorongonui Josie Keelan. Below, Mike McRoberts.

While increased te reo use on *One News* and RNZ has faced audience grumbles, McRoberts describes the introduction of te reo in *Newshub* bulletins as "measured". However, Three's nightly magazine show *The Project* has an entire episode in te reo on Friday, September 9.

Elsewhere, *Shortland Street* (TVNZ 2, 7.00pm, from Monday, September 12) is marking the week with a predominantly te reo storyline about character TK Samuels (Ben Mitchell) going in search of his roots.

Also starting is *Get the Name Right*, a six-part comedy-doco series (Three, Thursdays from September 15, 9.30pm) presented by Joe Daymond and Kara Rickard, which offers an entertaining Māori perspective on Aotearoa place names. In the first episode, Daymond ventures to the Netherlands in search of "Old Zealand". ▮

Monarch, Monday.

TELEVISION

Our Picks of the Week

SATURDAY SEPTEMBER 10

SHOWTRIAL

Murder, celebrity and the courtroom

Screening: *TVNZ 1, 9.35pm*
Streaming: *TVNZ+*

When hard-working duty solicitor Cleo Roberts (Tracy Ifeachor, *The Originals*) goes to the police station to take on a case, she has no idea what's coming. Her new defendant, Talitha Campbell, (Céline Buckens, *Free Rein*), the arrogant estranged daughter of a wealthy property developer, is charged with conspiracy to murder a fellow university student. When the press gets wind, Roberts finds herself working through a media storm that is about more than just the facts of the case. The show is produced by the company behind *Vigil* and written by Ben Richards (*Cobra*, *The Tunnel*, *Strike*). He told the BBC that *Showtrial* asks: "How do our prejudices affect the outcome of justice? To what extent should the right to a fair trial take precedence over our need for a culprit and understandable instincts for revenge?"

MONDAY SEPTEMBER 12

MONARCH

Country queens and kings

Streaming: *TVNZ+*

Susan Sarandon plays Dottie Cantrell Roman, the "queen of country music" and figurehead of a family musical dynasty. The family's status as country music royalty comes under threat and Dottie's daughter Nicky (Anna Friel, *Deep Water*) resolves to defend the Roman empire, whatever it takes. Judging by the trailer, that might include some murdering. The cast also includes real-life country star Trace Adkins, as Dottie's husband, Albie, and singer-actor Beth Ditto as Nicky's sibling rival, Gigi, and there are guest performances through the season by Shania Twain, Martina McBride, Little Big Town and Tanya Tucker.

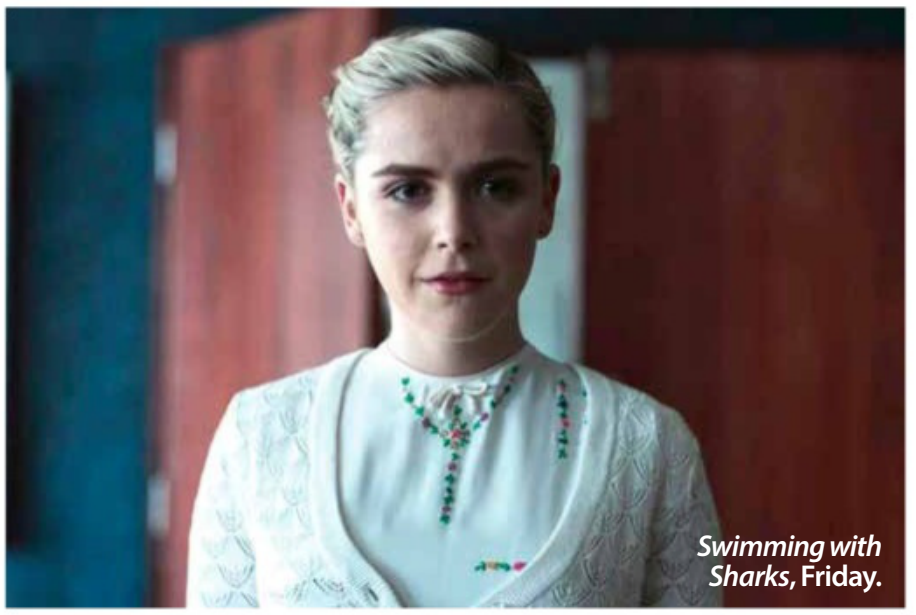
TUESDAY SEPTEMBER 13

2022 74TH PRIMETIME EMMY AWARDS

The Emmys are back, mostly

Screening: *Vibe, noon (replay 7.30pm)*

Succession goes into this year's Emmys with the most nominations (25), while academy favourite *Ted Lasso* and *The White Lotus* have both notched up 20. But Covid-related scheduling delays mean some heavy hitters (including *The Crown*, *Westworld*, *The Boys* and *The Handmaid's Tale*) couldn't be considered. Also of note: *Late Night With Seth Meyers* finally got nominated in the talkshow category, and the New Zealand-conceived vampire comedy *What We Do in the Shadows* will be battling the big names for Outstanding Comedy Series. This year's host broadcaster, NBC, picked *Saturday Night Live* veteran Kenan Thompson to host the show.


Swimming with Sharks, Friday.

THE DIANA INVESTIGATIONS

Were we the villains all along?

Screening: *Three, 9.35pm*
Streaming: *ThreeNow*

This four-part documentary, each episode urgently teasing the next in the 2020s style, screened in Britain as *Investigating Diana: Death in Paris*. It explores the investigations into the death of the Princess of Wales in a car accident in Paris 25 years ago, looking at unresolved questions and rolling through images everyone has seen before. But directors Will Jessop and Barnaby Peel do have an interesting angle: was the

Gaslit, Friday.

frenzy that followed Diana's death in 1997 the beginning of the internet as a twitching global rumour mill and fake-news engine?

WEDNESDAY SEPTEMBER 14

AMERICAN GIGOLO

An alternative take on the film

Streaming: *Neon*

Screening: *SoHo, 8.30pm*

It's based on the iconic 1980 film, but in this telling, male escort Julian Kaye isn't saved from a murder conviction by a last-minute alibi and spends 15 years in prison for a crime he didn't commit. When he's unexpectedly released, he has to try to find a living in modern Los Angeles – and discover who framed him. Jon Bernthal (*The Punisher*) is cast against his usual thug type in the lead and Rosie O'Donnell plays Detective Sunday, a cop who also wants to get to the bottom of the murder that sent Kaye to jail. It's also good news for Debbie Harry and the members of Blondie – the original film's keynote song, *Call Me*, gets another run in the remake.

THURSDAY SEPTEMBER 15

THE HANDMAID'S TALE

June is the hunter and the hunted

Streaming: *Neon, new episodes each Thursday*

"I killed him – and I loved it so much," growls June (Elisabeth Moss) in the new season trailer. The murder of Commander Fred Waterford provided the climax of season four of *The Handmaid's Tale* – and it has changed the balance of power both inside and outside Gilead. Is June now coming for Serena Waterford? Serena (Yvonne Strahovski) certainly thinks so. But June, who seems determined to forsake the sanctuary of Canada (and her husband and daughter) and rejoin the fight in Gilead, has a target on her back. Note also that Hulu has confirmed that a spin-off for *The Handmaid's Tale*, based on Margaret Atwood's novel *The Testaments*, with Ann Dowd reprising her role as Aunt Lydia, is in the works.

RICH LISTERS

The people who sell big houses

Screening: *Bravo, 7.30pm*

A reality series about real estate, *Rich Listers* follows a group of estate agents who deal in New Zealand's fanciest properties. Former deputy prime minister Paula Bennett is inevitably the most famous face in the line-up, but some of the others – including 24-year-old Annabel Marshal, the daughter of a real estate dynasty; former Miss Universe New Zealand Holly Cassidy; and Cassidy's grandmother and "Princess of Parnell", Cheryl Whiting – might also be fun to watch. Behind-the-scenes drama from the trading of exclusive properties in Auckland, Wellington and Queenstown is promised.

FRIDAY SEPTEMBER 16

GASLIT

The woman who blew up Watergate

Streaming: *Amazon Prime Video*

It's not quite an untold story – this limited series is inspired by the first season of the Slate magazine podcast *Slow Burn* – but the extraordinary story of Martha Mitchell's role in the Watergate scandal has largely dropped out of public memory. The former southern socialite was kidnapped, drugged and depicted as mentally ill after her public comments threatened to blow the lid on the Watergate break-in. Her husband, US Attorney-General John Mitchell, left her, taking their daughter with him. She was vindicated in 1975 when John Mitchell was convicted of perjury, obstruction of justice and conspiracy for his involvement in the break-in – and again in 1977 when Richard Nixon himself declared, "If it hadn't been for Martha Mitchell, there'd have been no Watergate." Julia Roberts plays Martha Mitchell and Sean Penn is barely recognisable as her husband. Some US reviewers felt *Gaslit* overdoes the farce, but it has been generally warmly received.

SWIMMING WITH SHARKS

Keep an eye on the intern

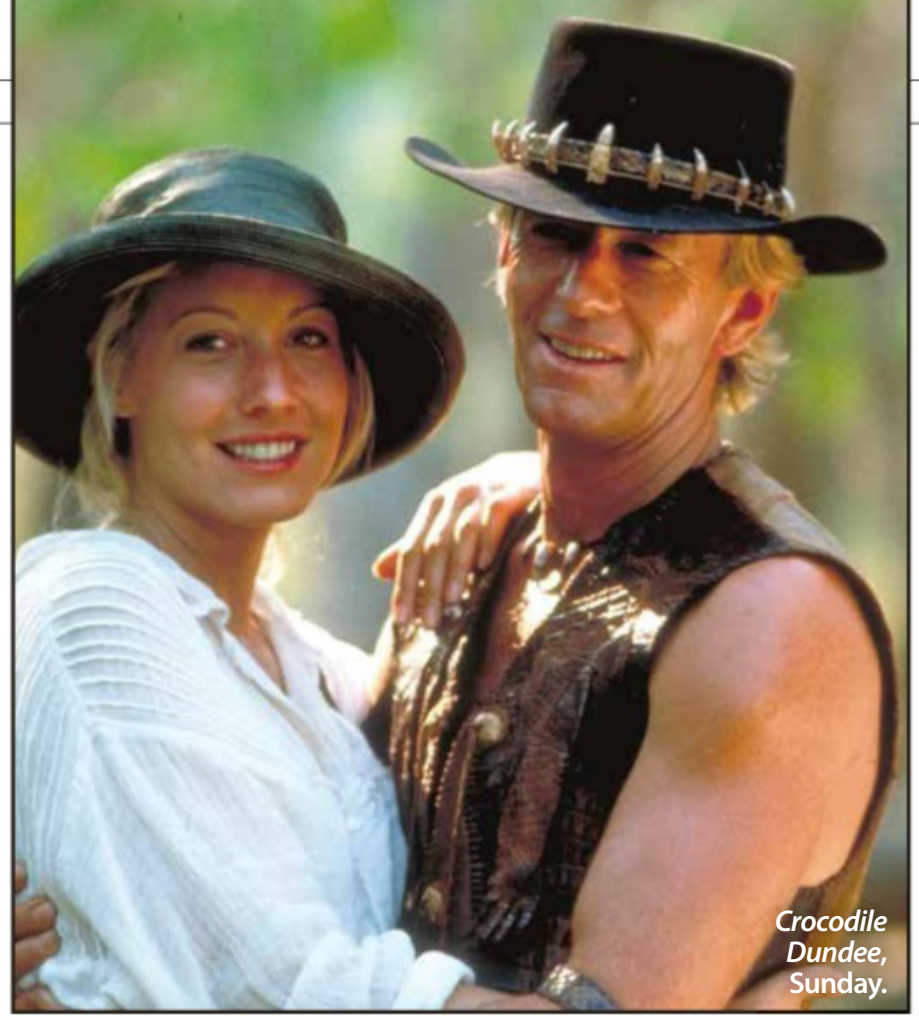
Streaming: *Amazon Prime Video*

Kiernan Shipka (*Mad Men*) plays Lou Simms, an apparently naive intern at a Hollywood studio who has more game than anyone around her realises. Donald Sutherland makes monstrous work of the studio boss she has in her sights. This remake of the 1994 film, starring Kevin Spacey, has copped some flak for lacking the satirical edge of the film – it's more of a weird, pacey thriller – but Shipka's performance in the lead has been widely praised. ▮

TV Films

by RUSSELL BAILLIE

The big movies on TV this week


Crocodile Dundee, Sunday.

SATURDAY SEPTEMBER 10

THE MUMMY: TOMB OF THE DRAGON EMPEROR

Last rites

TVNZ 2, 7.00pm

The last and worst outing in the *Mummy* trilogy, which effectively killed the franchise until the failed 2017 reboot. This one had the adventuring couple of the previous Egyptian encounters in post-WWII China battling a reanimated ancient emperor warlord (Jet Li) and his terracotta army. (2008) ★★

EMU RUNNER

Fast feathered friend

Whakaata Māori, 7.00pm

Quietly thoughtful independent Aussie coming-of-age film about Gem, a nine-year-old Indigenous girl and keen runner who bonds with a wild emu after the death of her mother while her family comes in for unwanted attention from a social worker. (2018) ★★★

GHOST TOWN

Supernatural screwball

Three, 8.25pm

It's sort of *Ghost* redone as a romcom, with Ricky Gervais. He's a misanthropic New York dentist, who, after a near-fatal experience, finds he has become a sort of living-dead middleman. The deceased begin asking him for favours, including Greg Kinnear's Frank who wants to warn his widow (Tea Leoni) about the guy she's marrying. (2008) ★★★

KILLSHOT

Misfire

Eden, 8.30pm

Messy and dull hitman thriller based on an Elmore Leonard story about a couple in witness protection being targeted by two hired killers, played by Mickey Rourke and Joseph Gordon-Levitt. (2008) ★★

WILD INDIAN

First Nations thriller

Rialto, 8.30pm

Intriguing and chilling crime story about two cousins who grew up on a Wisconsin reservation with a shared secret about the death of a schoolmate that comes back to haunt them as adults. Its Cain-and-Abel-themed story is the debut feature by Native American director Lyle Mitchell Corbine Jr. (2021) ★★★½

Die Hard with a Vengeance, Sunday.

INFERNO

The business class Indiana Jones returns

TVNZ 2, 9.10pm

Tom Hanks returns as Dan Brown symbologist Robert Langdon for yet more fast-but-forgettable art-history orienteering around Florence, Venice and Istanbul, having woken up in hospital with no idea how he got there and suffering visions of Dante's *Divine Comedy*. Felicity Jones gets the job of this one's young female sidekick. (2016) ★★½

SUNDAY SEPTEMBER 11

CROCODILE DUNDEE

"It's okay, he's Australian."

TVNZ 2, 7.30pm

Well, if nothing else, screening this supposed Ocker comedy classic and box-office phenomenon might make us ask whether what made Paul Hogan's Mick Dundee funny 36 years ago still holds up today. (1986) ★★★

GEMINI MAN

Double take

Three, 8.00pm

After the special effects wonders of his *Life of Pi*, Ang Lee attempts more computer-animated wizardry by having Will Smith's hitman chased by a younger, faster, fitter clone of himself. There's some impressive action, with echoes of Lee's *Crouching Tiger, Hidden Dragon*, but the Smith vs Smith gimmick wears out its welcome. (2019) ★★½

SAMI BLOOD

Lapland lament

Whakaata Māori, 8.30pm

A coming-of-age story made compelling by the performance of Lene Cecilia Sparrok as Elle-Marja, a Sámi girl from northern Sweden, who, after facing discrimination at her boarding school in the 1930s, chooses to shun her lineage. (2016) ★★★½

DEVIL'S KNOT

Memphis three drama

Eden, 8.30pm

Reese Witherspoon and Colin Firth star in Canadian director Atom Egoyan's lacklustre reconstruction of the 1993 West Memphis murders. It's a dull footnote to a case that sparked multiple documentaries about the three teenagers dubiously convicted for the killings of three eight-year-old boys. (2014) ★★

DIE HARD WITH A VENGEANCE

Yippie-kai-yay, etc

TVNZ 2, 9.25pm

After the first, this third in the series is the second-best *Die Hard* movie. Though it's much

Mahana, Wednesday.

less of a Bruce Willis solo effort, with his John McClane getting Samuel L Jackson's Zeus as offsider as they whiz around New York at the whim of Jeremy Irons' Eurotrash villain. (1995) ★★★½

MONDAY SEPTEMBER 12

SLALOM

Downhill slide

Rialto, 8.30pm

Unsettling French drama about sexual abuse in alpine sports, which follows Lyz (Noée Abita), a 15-year-old recruit to a school where gifted young skiers are turned into gold medallists by former champion Fred (Jérémie Renier), a man who oversteps the boundaries with his young prodigy. It's directed by former competitive skier Charlène Favier, based on her own experiences. (2021) ★★★½

WEDNESDAY SEPTEMBER 14

FOOL'S GOLD

Glitter bomb

TVNZ 2, 8.30pm

After 2003's *How to Lose a Guy in 10 Days*, Matthew McConaughey and Kate Hudson couldn't possibly make a worse romcom together, could they? Yes, apparently. Though this tropical treasure hunt did increase the number of scenes featuring McConaughey shirtless. (2008) ★

MAHANA

Whānau feud

Whakaata Māori, 8.30pm

A stirring if decidedly melodramatic adaptation of Witi Ihimaera's 1994 novel *Bulibasha: King of the Gypsies*, directed by Lee Tamahori and starring Temuera Morrison as the patriarch of one of two warring families and rival sheep-shearing gangs on the East Coast of the 1960s. (2016) ★★★½

TOGETHER

Covid cohabitation blues

Sky Movies Premiere, 8.30pm

James McAvoy and Sharon Horgan play a warring couple in a Stephen Daldry-directed drama, which charts their rocky relationship over a year of UK pandemic lockdowns that they spend in a bubble together for the sake of their son. What it lacks in locations – it mostly takes place in the kitchen – it makes up for in sheer verbosity. (2021) ★★★

FRIDAY SEPTEMBER 16

MISSION: IMPOSSIBLE ROGUE NATION

Three, 7.30pm

High five

The fifth of the *Mission: Impossible* movies was, until the sixth, *Fallout*, the best of the series, helped by a tight Euro-espionage Hitchcockian thriller of a story and yet more mad stunts by Tom Cruise as Ethan Hunt. His supporting cast was improved by the introduction of Rebecca Ferguson as a mysterious British agent and Sean Harris as the resident evil genius. (2015) ★★★★

Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)

Talkback

SELF-PROMOTION

I almost enjoyed *The Undeclared War* on TVNZ+, but grew increasingly distracted and annoyed by the relentless, ill-considered breaks of self-advertising of other programmes.

Like many other New Zealanders, I find the level of private advertising on the vast majority of our TV channels depressing. Yet, the inevitability of seeking commercial revenue is sadly understandable.

But why does TVNZ seek to destroy our enjoyment of so many programmes on its Plus streaming?

If they say self-advertising is necessary to keep us watching, then, as far as this watcher is concerned, they are perilously close to losing me.

David Pearson
(Karori, Wellington)

EMBRACING TE REO

The outpouring of vitriol directed towards Māori presenters and newsreaders never ceases to both amaze and dismay me.

Much of the criticism is inaccurate. The weather presenter on TVNZ 1, Three's Oriini Kaipara, and *The Project* presenter Kanoa Lloyd, also on Three, use both Māori words and phrases with the English translation.

I have absolutely no problem with Aotearoa New Zealand and Tāmaki Makaurau/Auckland. What are the critics so frightened of?

I grew up in the UK and had to put up with some racism when we first arrived here, but it was nothing compared with what these well-educated, vibrant women have to put up with.

As Kaipara responded to one of her critics, such cultural ignorance and bias belongs in the 1800s.

I would not have been so polite.

J Wallis
(Blockhouse Bay, Auckland)

What a wonderful presentation in te reo by Te Rauhiringa Brown of TVNZ 1's weather bulletin (August 22). Her passion and love of the language was clearly evident and inspiring to other speakers of te reo.

Critics could do well to remember that Dan Corbett in September 2021 made an impressive and widely praised effort to present a similar bilingual report to celebrate Te Wiki o Te Reo Maori.

Both these efforts show the extent to which te reo is continuing to be more widely used in mainstream media.

Rangi Faith
(Rangiora)

DOWNHILL SLIDE

Complaining that television has reached a new low with Three's *New Zealand Today*, starring Guy Williams, Graham Young (*Talkback*, September 3) asks, "Who gave the go ahead to this rubbish?"

NZ on Air is the answer, backing its decision with $2.7 million of taxpayer funding over three seasons.

And, yes, Martin Ough Dealy (*Talkback*, September 3), others are turning off RNZ National – its second-quarter, 10-plus audience down 8.6% on the previous ratings period – and turning on RNZ Concert (up 3.3% on the same ratings period last year).

Tom Frewen
(Manakau, Horowhenua)

Please send comments, queries or complaints about radio or television to: listenerletters@aremedia.co.nz with "Talkback" in the subject line, or Talkback, NZ Listener, PO Box 52122, Kingsland, Auckland 1352

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Te Karere** (R)
6.30 **Country Calendar** (G, R, **HD**, **C**, **AD**)
7.00 **Rural Delivery** (G, R, **HD**, **C**)
7.30 **Infomercials**
8.30 **Religious Programming**
9.00 **Extreme Cake Makers** (G, R, **HD**, **C**)
9.30 **Tagata Pasifika** (**HD**)
10.00 **Ready Steady Cook** (G, R, **HD**, **C**)
11.00 **Winning Combination** (G, R, **HD**, **C**, **AD**) Omid Djalili presents a UK quiz show.
Noon **Call the Midwife** (PG, R, **HD**, **C**, **AD**) s10ep2
1.20 **Movin' to the Country** (G, **HD**, **C**)
2.00 **The Casketeers** (G, R, **HD**, **C**, **AD**) Francis and Kaiora take a road trip to Francis' home marae.
2.30 **10 Years Younger in 10 Days** (G, R, **HD**, **C**, **AD**) Cherry Healey presents a UK makeover series.
3.30 **Clean It, Fix It** (G, **HD**, **C**) A team of cleaners and DIY experts have just one day to help a household reclaim their space.
4.30 ■ **Every Bite Takes You Home** (G, **C**) Kylie Kwong explores the food and culture of refugees and migrants in Australia.
5.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Tipping Point Lucky Stars** (G, R, **HD**, **C**) Ben Shephard hosts a celebrity version of the UK quiz show. Tonight, a Chaser special with Mark Labbett, Anne Hegerty and Paul Sinha.
8.00 **Lotto**
8.05 **Heathrow: Britain's Busiest Airport** (G, **HD**, **C**, **AD**) Passenger experience manager Numan is back after a year on furlough and faced with 24 passengers who are missing 50 pieces of luggage. s7ep11
8.35 **Grand Designs UK** (PG, R, **HD**, **C**, **AD**) Kevin McCloud meets young Cumbrian couple Rob and Ruth, who are taking on a ruined 200-year-old blacking mill.
9.35 ■ **Showtrial** (16, **HD**, **C**, **AD**) UK legal drama series. Tonight, when a student disappears and another is arrested, the stage is set for a case that will divide the nation. s1ep1
12.00am **Burden of Truth** (PG, **HD**, **C**, **AD**) Joanna searches for her client's long-lost daughter. s4ep2
12.55 **Vigil** (M, R, **HD**, **C**, **AD**) s1ep2
1.55 **Nashville** (M, **HD**, **C**) s6ep3
3.30 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Ready, Steady, Wiggle!** (G, R, **HD**, **C**, **AD**)
6.10 **Not Too Late Show** (G, R, **HD**, **C**) s1ep2
6.25 **PJ Masks: Heroes of the Sky** (G, R, **HD**, **C**)
6.50 **Spidey and His Amazing Friends** (G, **HD**, **C**)
7.10 **Madagascar: A Little Wild** (G, **HD**, **C**)
7.35 **SpongeBob SquarePants** (G, R, **HD**, **C**)
7.55 **Moomin Valley** (G, **HD**, **C**)
8.20 **The Croods: Family Tree** (G, **HD**, **C**)
8.45 **Dragons: Riders of Berk** (G, R, **HD**, **C**)
9.05 ■ **Hardball** (G, R, **HD**, **C**)
9.30 **Mystic** (G, R, **HD**, **C**, **AD**) s1ep5
10.00 **Fresh** (PG, **C**) Cooking with the stars, and Fresh funnies dance audition.
10.30 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s12ep3
11.00 **Have You Been Paying Attention?** (PG, R, **C**)
Noon ■ **The Weakest Link: USA** (G, **HD**, **C**)
1.00 **The Courtship** (PG, **HD**, **C**) s1ep11
2.00 **The Good Witch** (G, **HD**, **C**)
2.55 **Junior Bake Off** (G, **HD**, **C**)
3.55 ■ **Fantastic Friends** (PG, **HD**, **C**, **AD**) s1ep6
5.00 ■ **Nancy Drew** (PG, **HD**, **C**) A teenage detective swears off crime solving after the death of her mother, but when she becomes a suspect in a murder, she swings back into action s1ep1
6.00 **The Cube** (G, **C**, **AD**) Phillip Schofield presents a UK game show in which contestants undertake challenges in a giant clear cube.
7.00 ■ **The Mummy: Tomb of the Dragon Emperor** (2008, PG, **HD**, **C**, **AD**) Adventurer Rick and Evelyn O'Connell and their son Alex become involved in a battle against a resurrected Chinese emperor. Brendan Fraser, Jet Li, Maria Bello, Luke Ford, John Hannah. **TV Films, page 69**
9.10 ■ **Inferno** (2016, M, **HD**, **C**, **AD**) After waking up with amnesia, Robert Langdon teams up with one of his doctors to stop a plan to release a bioweapon. Tom Hanks, Felicity Jones, Omar Sy, Ben Foster. **TV Films, page 69**
11.25 ■ **The Pelican Brief** (1993, M, R, **HD**, **C**, **AD**) Julia Roberts, Denzel Washington.
2.00am **The Great Kiwi Bake Off** (G, R, **HD**, **C**, **AD**)
4.25 **Fresh** (PG, R, **C**)
4.50 **2 Tunes**
5.00 **Infomercials**
5.30 – 6.00 **Religious Programming**

THREE FREEVIEW 3 SKY 003

6.00 **Charles Stanley**
6.30 **Infomercials**
9.30 **Newshub Nation** With Simon Shepherd and Rebecca Wright.
10.30 **Celebrity Family Feud** (PG, R, **C**) s4ep7
11.30 **Grand Designs NZ** (PG, R, **C**)
12.30 **The Block NZ: Redemption Marathon** (PG, R, **C**)
4.00 **The Masked Singer NZ** (PG, R, **C**)
5.00 **Family Game Night** (G, **C**)
6.00 **Newshub Live**
7.00 **Building the Kiwi Dream** (PG, **C**) A year and a half into the dream build, there is tension between the building team and the Watsons. s1ep7
7.30 **Crikey! It's the Irwins** (PG, **C**) There's huge excitement at Australia Zoo as Rosie the giraffe is set to give birth, and Robert has a bloody encounter with a wild python. s1ep7
8.25 ■ **Ghost Town** (2008, M, R, **C**) A dentist who dies briefly during routine surgery gains the ability to see ghosts who then pester him for help. Ricky Gervais, Téa Leoni, Greg Kinnear. **TV Films, page 69**
10.25 ■ **American Woman** (2018, M, **C**) A woman raising her infant grandson alone after her teenage daughter went missing searches for answers. Sienna Miller, Aaron Paul, Christina Hendricks, Amy Madigan.
12.35am **Infomercials**
5.00 **Leading the Way**

PRIME FREEVIEW 10 SKY 004

8.00 **Kids' Programmes** (**C**)
10.00 **SmackDown** (PG, R)
11.00 **RAW** (PG, R)
Noon **Jeopardy** (G, R)
12.30 **Judge Judy** (PG)
1.00 **The Crowd Goes Wild** (PG, R)
2.30 **Heartland Championship Live** Poverty Bay v East Coast, live.
4.30 **Once a Warrior with Monty Betham** (G)
5.00 **The Loggers** (PG, R, **C**)
5.30 **Prime News**
6.00 **Supercars Championship** (G) Round 10, Auckland SuperSprint, race 27, from Pukekohe Park Raceway.
7.30 **Border Security: Australia's Front Line** (PG, R, **C**)
8.00 **Midsomer Murders: 20th Anniversary Special** (M, R, **C**) Documentary.
9.20 ■ **Midsomer Murders** (M, R, **C**) Barnaby must investigate if the myth of the Wolf Hunter has become a reality.
11.20 **NXT** (PG)
12.30 – 6.00 **Infomercials**

Comedy: RESERVATION DOGS

Season two of the genius series created by Sterlin Harjo and Taika Waititi, the surrealistic comedy that tells stories of cultural devastation and intergenerational damage, but in a fun way. Waititi's light touch was evident in the first season as the Oklahoma res kids tried to amass enough money to get out. In season two, the crew is adrift, with Elora (Devery Jacobs, who co-wrote an episode this season) on the road to California. Happily, Bear's (D'Pharaoh Woon-A-Tai) hilarious spirit guide (Dallas Goldtooth) is back with more confusing advice. Is it wrong to say we like this way more than *Thor: Love and Thunder*?
DISNEY+

Film: AMERICAN WOMAN

The underrated Sienna Miller finally gets something to sink her teeth into with this working-class story set in Pennsylvania. Directed by Jake Scott (son of Ridley), the film is about a grieving mum who is raising her grandson. "Miller plays it beautifully with psychological depth," said the *Guardian*.
THREE, 10.25pm

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
9.30 **Ōpaki** (G, R)
10.30 **Ako** (G, R)
11.00 **ASB Polyfest** (G)
Noon **Haka at Home** (G, R)
1.00 **Whakataukī** (G, R)
1.30 **Karanga: The First Voice** (G, R)
2.00 **Whaikōrero** (PG, R)
2.30 **Home, Land and Sea** (G, R)
3.00 **Intrepid Journeys** (PG)
4.00 **Marae**
5.00 **Moosemeat and Marmalade** (G, R)
5.30 **Waka Man** (G, R)
6.00 **Piri's Tiki Tour** (PG, R) Piri Weepu meets divers, farmers and hunters.
6.30 **He Aha to Say?** (G, R) A series of interviews with the people of Ngāti Porou.
7.00 **Emu Runner** (2018, PG, R) A youngster forges a bond with a wild emu as she deals with the grief of her mother's death. Rhae-Kye Waites, Wayne Blair. **TV Films, page 69**
8.40 **Aliko & Ambai** (2017, M, R) Two young women face the significant challenges of growing up in the eastern highlands of Papua New Guinea. Moslyn Moses, Venda Kakaso.
10.30 – 11.00 **Anika Moa Unleashed** (M, R) Tim Shadbolt, Tom Sainsbury and Chris Parker.

Comedy: THE RUSSELL HOWARD HOUR

Like John Oliver, UK comedian Russell Howard has not been short of material for his topical series, and he'll have a new prime minister in his sights for the beginning of season six. The show starts on September 8 in the UK, so we're right up to date. **TVNZ DUKE, 8.30pm**

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **A Place in the Sun: Summer Sun Marathon** (PG, R)
Noon **Catfish** (PG, R)
12.50 **Southern Charm Marathon** (PG, R)
2.35 **Tiny House Nation** (PG, R)
3.35 **Love It or List It** (PG, R)
4.35 **Stop Search Seize Marathon** (PG, R)
6.30 **Undercover Boss** (PG, R)
7.30 **Southern Charm** (M) After being excluded from Olivia's oyster roast, Venita spends time with her mum.
8.30 **The Ugly Truth** (2009, 16, R, **C**) A morning TV show producer makes to a deal with her chauvinistic correspondent that he can improve her love life. Katherine Heigl.
10.30 **Exhumed: Killer Revealed** (16, R)
11.30 **Snapped: Killer Couples** (16, R)
12.20am Infomercials **5.00 – 6.00** Top Chef (PG, R)

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
6.55 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen** (G)
8.00 **Jamie & Jimmy's Food Fight Club** (PG, R)
9.00 **Mysteries at the Museum** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Building the Dream** (G)
Noon **Strictly Come Dancing** (G, R)
2.05 **The Chase USA** (PG, R)
3.05 **Animal Cribs** (PG)
4.05 **The Best Thing I Ever Ate**
5.05 **Mysteries at the Museum** (PG)
6.00 **American Pickers** (PG)
7.00 **My Lottery Dream Home** (G)
7.30 **The 1% Club** (PG)
8.30 **Killshot** (2008, M) A hitman pursues a couple in Federal protection. Mickey Rourke, Diane Lane. **TV Films, page 69**
10.30 **Forged in Fire** (PG)
11.25 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Wheelers Dealers** (PG, R)
6.50 **Garage Squad** (PG, R)
8.30 **Head Rush** (G, R)
9.20 **Tanked Marathon** (PG, R)
1.30 **Inside West Coast Customs** (PG, R)
2.20 **Building Off the Grid: Alaskan Glacier** (PG, R)
3.10 **Ed Stafford: Left for Dead** (PG, R)
4.00 **100 Days Wild** (PG, R)
4.50 **Turbo Pickers** (PG, R)
5.45 **Garage Squad** (PG)
6.40 **Man vs. Wild** (PG, R)
7.30 **Treasure Quest: Snake Island** (M) A spooky visit to an antique market uncovers Jesuit silver, leading the team up a perilous river.
8.25 **Bering Sea Gold** (M)
9.20 **Gem Hunt** (PG) Ron LeBlanc and his team search for the newly-discovered opal Ethiopian welo opal.
10.15 **Cops UK: Bodycam Squad** (M)
11.10 **Garage Squad** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
12.10 **Extreme E: Electric Odyssey** (PG, R)
12.40 **Superstore** (PG, R, **HD**, **C**, **AD**) s5ep8
2.15 **Motorway Patrol** (PG, R, **C**)
3.05 **River Monsters** (PG, R, **C**)
4.00 **Xploration: Awesome Planet** (G, R, **HD**)
4.25 **Impossible Engineering** (G, R, **HD**, **C**, **AD**) s1ep2
5.15 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s4ep14
6.05 **Rescue Cam** (PG, R, **HD**)
6.30 **Fish of the Day** (G, **HD**, **C**) s1ep1
7.00 **Family Guy** (PG, R, **C**, **AD**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s16ep10
8.30 **The Russell Howard Hour** (16) Russell Howard presents a topical UK comedy series.
9.30 **8 Out of 10 Cats Does Countdown** (16, R, **HD**, **C**)
10.30 **True Story** (2015, 16, R, **HD**, **C**, **AD**) Based on the story of a journalist whose identity was stolen by a murderer. Jonah Hill, Felicity Jones.
12.20am – 1.40 9/11: Phone Calls from the Tower (2009, M, R, **HD**, **C**, **AD**) Documentary.

SKY PREMIERE SKY 030

7.15 **Great White** (2020, 16) Katrina Bowden
8.50 **The Fallout** (2021, 16) Jenna Ortega, Maddie Ziegler
10.25 **Last Night in Soho** (2020, 16) Anya Taylor-Joy
12.25 **Let Them All Talk** (2020, M) Meryl Streep
2.20 **The Professor and the Madman** (2019, M) Mel Gibson, Sean Penn
4.25 **F9: The Fast Saga** (2021, M) Vin Diesel, Michelle Rodriguez
6.45 **The Bob's Burgers Movie** (2022, PG) A ruptured water main creates a sinkhole in front of Bob's Burgers. Voices of H Jon Benjamin, John Roberts
8.30 **Mortal Kombat** (2021, 18) An MMA fighter seeks out Earth's greatest champions in order to stand against his enemies in a battle for the universe. Lewis Tan, Jessica McNamee
10.20 **Old** (2021, M) Gael Garcia Bernal, Vicky Krieps
12.05am The Space Between (2021, M) **1.42** Music (2021, M) **3.27** Jackass Forever (2022, 16) **5.00** Sorority Sister Killer (2021, M)

MOVIES CLASSICS SKY 034

6.40 **The Fan** (1996, 16) Robert De Niro, Wesley Snipes
8.35 **The Witches of Eastwick** (1987, M) Jack Nicholson, Susan Sarandon
10.30 **The Cardinal** (1963, M) Tom Tryon, Romy Schneider
1.20 **The Manchurian Candidate** (1962, PG) Frank Sinatra, Laurence Harvey
3.25 **Reservoir Dogs** (1992, 18) Harvey Keitel, Tim Roth
5.05 **La Bamba** (1987, PG) Lou Diamond Phillips
6.50 **Grumpy Old Men** (1993, PG) The arrival of an attractive neighbour causes a rift between two best friends. Jack Lemmon, Walter Matthau
8.30 **The Thomas Crown Affair** (1999, M) After stealing a priceless work of art, a womanising millionaire strikes up a fiery romance with the insurance investigator. Pierce Brosnan, Rene Russo
10.25 **Dead Man Walking** (1995, 16) Sean Penn, Susan Sarandon
12.25am Heat (1995, 16) **3.10** T-Men (1947, PG) **4.40** Advise and Consent (1962, PG)

RIALTO SKY 039

6.40 **Assassins** (2020, M) US documentary.
8.25 **Dr Bird's Advice for Sad Poets** (2021, M) Jason Isaacs
10.20 **No Man of God** (2021, 16) Elijah Wood, Luke Kirby
Noon **Well Groomed** (2019, PG) US documentary.
1.30 **Quacks Marathon** (M) s1ep1-6
4.45 **The Man Putin Couldn't Kill** (2021, M) UK documentary.
6.15 **Ammonite** (2020, 16) Kate Winslet, Saoirse Ronan
8.10 **Blood & Gold** (2021, 16) Jodie Hillock
8.30 **Rialto Selection: Wild Indian** (2021, 16) A man lives with a secret from the past that threatens to ruin the life he has built as an adult. Michael Greyeyes **TV Films, page 69**
9.55 **Manhunt: The Night Stalker** (M) In 2009, DCI Colin Sutton is asked to review a 17-year-old cold case. s2ep1
10.45 **High Ground** (2020, 16) Simon Baker
12.30am No Man's Land (2020, M) **2.25** The Man Putin Couldn't Kill (2021, M) **3.55** Manhunt: The Night Stalker (M) s2ep1 **4.45** Ammonite (2020, 16)

SKY CHANNELS

Vibe SKY 006

6.00 Private Eyes (M) s4ep5 **6.45** Jamestown (16) s2ep6 **7.40** Parenthood Omnibus (M) **11.25** Medici: The Magnificent (16) s1ep5 **12.25** Outlander (18) s1ep5&6 **2.25** Judge Judy Omnibus (PG) **4.30** Private Eyes (M) s4ep5 **5.30** Family Finders (M) s2ep8&9 **6.30** Monday Mornings (M) s1ep1 **7.30** The Chronicle Mysteries: Helped to Death (PG) Alex goes undercover to research a controversial life coach. **9.20** Harlots (16) Margaret and Nancy race to find witnesses to give evidence against Lydia Quigley. s2ep1 **10.20** The Closer Omnibus (M) **2.20am** Programmes continue

BBC UKTV SKY 007

6.00 Staged (M) s1ep3 **6.25** QI Marathon (M) **8.00** Richard Osman's House of Games Marathon (PG) s1ep1-3 **9.40** The Bill Marathon (M) **1.45** Casualty (PG) **2.35** Holby City (M) s21ep20 **3.40** Call the Midwife (PG) s8ep2 **4.45** A Touch of Frost (M) s2ep3 **6.45** Father Brown (PG) The Minster of Defence is murdered at a lavish masked ball hosted by Lady Felicia and her husband Monty. s9ep10 **7.35** Casualty (PG) s37ep3 **8.30** Midsomer Murders (M) When the owner of an equestrian center is trampled by a horse, Barnaby and Nelson must unravel a complex feud from the past. s18ep6 **10.15** All Round to Mrs Brown's (M) With Harry Redknapp, Maya Jama and Mick Hucknall. s4ep4 **11.00** Who Do You Think You Are? (PG) Sharon Osbourne uncovers the difficult circumstances of her mother's and grandmother's lives. **12.00am** Programmes continue

SoHo SKY 010

6.25 Britannia Marathon Continues (18) s1ep3-8 **7.15** City on a Hill (16) With the evidence against Sinclair Dryden piling up, Jackie takes action. s3ep5 **8.15** Allen v. Farrow (18) Decades after the bitter custody battle as Woody continues to receive accolades in Hollywood, Dylan goes public with her story. s1ep4 **9.30** Animal Kingdom (16) Pope prepares to see an old friend, J romantically pursues Penny, and in 1992, Andrew wants to be called Pope. s6ep7 **10.30** Scenes from a Marriage (16) Jonathan and Mira rekindle old connections at the risk of exacerbating dormant wounds. s1ep3 **11.30** Industry (16) s2ep1 **12.30am** Programmes continue

Living SKY 017

6.15 Selling Houses Australia **7.05** Cake Wars (PG) **7.55** Buddy vs. Duff (PG) **8.45** Salvage Hunters Marathon (PG) **12.10** Grand Designs New Zealand (PG) **1.05** Lost for Words (PG) **2.00** Guy's Grocery Games (PG) **3.50** Mystery Diners (PG) **4.45** Dinner: Impossible (PG) **5.40** David Jason: Planes, Trains and Automobiles (PG) David takes a vintage school bus trip, rides a San Francisco cable car, and meets a legendary motorcycle club. **7.30** Exploring Northern Ireland with Siobhán McSweeney (PG) Siobhán concludes her journey on the Causeway Coast, trying her hand at an ancient sport where history and mythology meet, and jumping out of her comfort zone with some cliff activities. **8.30** Gardening Australia (PG) **9.40** Garden Rescue (PG) Charlie Dimmock and the Rich brothers create fabulous gardens for UK. **10.40** Our Simple Life (PG) **11.30** Guy's Grocery Games (PG) **1.10am** Programmes continue

Investigation Discovery SKY 018

6.05 Married with Secrets (M) **7.45** Murder in the Heartland (M) **8.35** Undercover Underage (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Unseamly: The Investigation of Peter Nygård (M) **2.00** American Monster (M) **2.55** Evil Lives Here (M) **3.50** Six Degrees of Murder Marathon (M) **8.30** Ken and Barbie Killers: (M) **9.30** Unseamly: The Investigation of Peter Nygård (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 ■ The Prophet and the Space Aliens (2020, G) **8.00** Artist to Icon **9.30** Immersive World **10.00** Leonardo's Rediscovered Masterpiece **10.55** The Decisive Moment **11.10** Put Some Colour in Your Life **Noon** The Boy Who Couldn't Stop Dancing **12.50** ■ Mavericks: Legendary Promoters of Rock (2018, G) **2.30** ■ The Prophet and the Space Aliens (2020, G) **4.00** A Midsummer Night's Dream (G) The Royal Swedish Ballet perform. **5.40** Classical Destinations with Simon Callow **6.05** Art Passion Power: The Story of the Royal Collection **7.00** Parklife **8.30** George Carlin's American Dream (PG) Fellow comics reflect on George Carlin's later years and how his prescient political commentary continues to resonate today. **10.10** Stephen King: A Necessary Evil (PG) Documentary exploring why Stephen King's horror stories have been so successful. **11.05** Catherine Ringer Sings the Rita Mitsouko **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Heavy Tow Truckers Down Under (PG) **7.45** Aussie Mega Mechanics Marathon (PG) **12.10** Aussie Salvage Squad (PG) **1.05** Heavy Tow Truckers Down Under (PG) **2.00** Gold Rush: White Water (M) **2.55** Aussie Gold Hunters (PG) **3.50** Extreme Ice Machines Marathon (PG) **6.35** Ed Stafford: First Man Out (PG) **7.30** Building Off the Grid (PG) Naturalist builder Cat Taylor builds a remote sanctuary in the piney woods of north-west Texas. **8.30** Railroad Alaska (PG) **9.30** Moonshiners (M) **10.30** Blowing Up History (PG) **11.25** NASA's Unexplained Files (PG) **12.15am** Programmes continue

National Geographic SKY 072

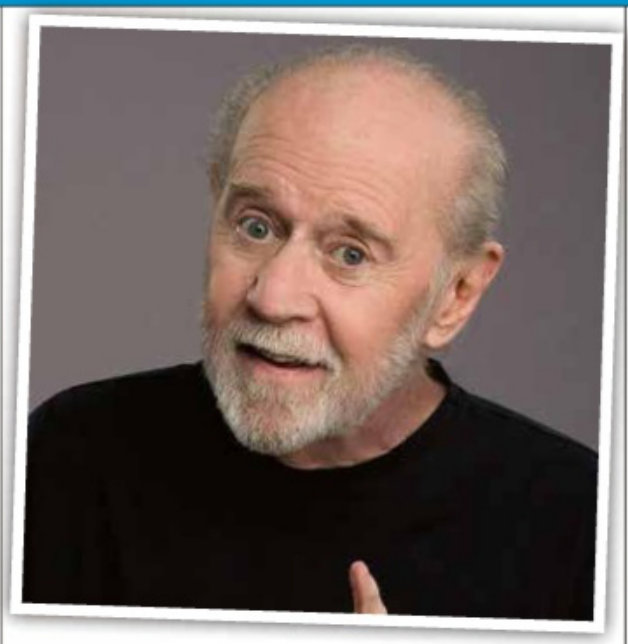
6.00 Food Factory (PG) **6.30** Gordon Ramsay: Uncharted (PG) **8.30** Dutch Caribbean Coastguard (PG) **9.30** Primal Survivor: Mighty Mekong (PG) **10.30** First Alaskans (PG) **11.30** Running Wild with Bear Grylls: The Challenge (PG) **12.30** Last of the Giants: Wild Fish (PG) **1.30** Aussie Snake Wranglers Marathon (PG) **5.30** Air Crash Investigation: Special Report (M) **6.30** Air Crash Investigation (M) **7.30** Food Factory Marathon (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Last of the Giants: Wild Fish (PG) **12.30am** Programmes continue

History SKY 073

7.30 Top Ten Treasures: Egyptian Mummies (PG) **8.30** Time Team **9.30** Britain's Most Historic Towns (PG) **10.30** Time Team **11.30** WWII: Witness to War (PG) **12.30** Rise and Fall: The World Trade Center (PG) **2.30** Top Ten Treasures: Egyptian Mummies (PG) **3.30** Hitler's Last Secrets (M) **4.30** Abandoned Engineering (PG) **5.30** The Civil War by Ken Burns **6.30** Treasures of Ancient Egypt (PG) Alastair Sooke discovers how Egypt's unique melting pot of geography and culture created remarkable treasures. **7.30** The Nile: 5000 Years of History (PG) Bettany Hughes visits a vast desert catacomb where tens of thousands of mummified animals were once left as an offering. **8.30** 9/11: Four Flights (PG) **10.30** Egypt (PG) **11.30** End of Empire: Rise & Fall of Dynasties (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero Marathon (M) **8.30** 24 Hours in A&E (PG) **10.10** Wonders of Life (PG) **12.15** Blue Planet II: The Making of (PG) **12.25** Wild Alaska (PG) **2.35** Wild Kingdom (PG) **3.35** Chris Packham's Animal Einsteins (PG) **4.40** Meet the Hedgehogs (PG) **5.35** The Dog Rescuers with Alan Davies (PG) **6.25** Animal Impossible (PG) **7.25** Wild Kingdom (PG) **8.30** Animals with Cameras (PG) On-board cameras make amazing discoveries about cheetahs, fur seals and chacma baboons. **9.30** Life Below Zero (M) **10.25** Diagnosis Detectives (PG) **11.30** Meet the Hedgehogs (PG) **12.25am** Programmes continue



Sky Arts: George Carlin's American Dream, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 NPC, Tasman v Welllington **6.20** NPC, Waikato v Auckland **6.35** Gallagher Premiership, Bristol Bears v Bath, **live** **8.45** NPC, Waikato v Auckland **9.00** 1st XV Rugby, National Championship, semi-finals **10.00** NPC, Waikato v Auckland **Noon** 1st XV Rugby, National Championship, semi-finals **1.00** Mainfreight Rugby **2.00** NPC/Ranfurly Shield, Hawke's Bay v Southland, **live** **4.00** 1st XV Rugby, National Championship, semi-final 1 **4.30** NPC, North Harbour v Bay of Plenty, **live** **6.30** 1st XV Rugby, National Championship, semi-final 2 **7.00** NPC, Counties Manukau v Manawatu, **live** **9.00** NPC/Ranfurly Shield, Hawke's Bay v Southland **9.15** NPC, North Harbour v Bay of Plenty **9.30** NPC, Hawke's Bay v Southland, replay **11.30** SailGP, Denmark **12.00am** SailGP, France, day 1, **live** **2.00** SailGP, Denmark **3.00** Mainfreight Rugby **4.00** NPC/Ranfurly Shield, Hawke's Bay v Southland **4.15** NPC, North Harbour v Bay of Plenty

Sky Sport 2 SKY 052

6.00 1st XV Rugby, National Championship semi-finals **9.00** UFC on Sky **9.30** Sky Speed **10.00** Rugby Championship, All Blacks v Argentina **10.30** Rugby Championship, Australia v South Africa **11.00** Mainfreight Rugby **Noon** Tour of Britain, stage 6 **2.30** Heartland Championship, Poverty Bay v East Coast, **live** **4.30** 1st XV Rugby, National Championship, semi-finals **5.30** Mainfreight Rugby **6.30** NPC, Waikato v Auckland **6.50** World Superbikes, round 7, practice 3, **live** **7.40** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **8.20** World Superbikes, round 7, superpole, **live** **9.30** AFL, semi-final, **live** **12.30am** Mainfreight Rugby **1.35** Heartland Championship, Poverty Bay v East Coast **1.50** Gallagher Premiership, Exeter Chiefs v Leicester Tigers, **live** **4.00** NPC, Counties Manukau v Manawatu

Sky Sport 3 SKY 053

9.30 Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **10.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI, replay **6.00** CPL, Guyana v St Kitts & Nevis **6.30** CPL, Barbados Royals v St Lucia Kings **7.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **7.30** DTM Championship, round 6, qualifying race 1, from Belgium, **live** **8.30** CPL, Guyana Amazon Warriors v St Kitts & Nevis Patriots **9.00** CPL, Barbados Royals v St Lucia Kings **9.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **10.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **10.30** DTM Championship, round 6, race 1, from Belgium, **live** **12.30am** CPL, Guyana v St Kitts & Nevis **1.00** CPL, Barbados v St Lucia **1.30** CPL, Jamaica v Trinbago, **live** **5.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI

Documentary: BRIAN COX'S ADVENTURES IN SPACE AND TIME

British physicist Brian Cox has been a dream come true for the BBC; the former keyboard player (for bands D:Ream and Dare) has had enough star power of his own to have spent the past decade explaining life, the universe and everything, and he's done it while maintaining a fabulous haircut. In this four-part series, he looks back on documentaries such as *Wonders of the Universe*, *Forces of Nature* and *The Planets* to once again explore the big questions. The episode titles explain it all: *Space: How Far Can We Go?*; *Aliens: Are We Alone?*; *What Is Gravity?*; and *What Is Time?*

BBC EARTH, 9.35pm

Comedy: YOUNG SHELDON

TVNZ brings back *The Big Bang Theory* prequel *Young Sheldon* after a hiatus and if you'd like a primer, there's a marathon of the best episodes from 2.00pm. Incredibly, Iain Armitage (Sheldon) is not ageing, although he was born in 2008.

TVNZ 2, 7.00pm

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Attitude** (PG, R, **C**, **AD**)
6.25 **Paddington Station** (PG, R, **HD**, **C**) .
7.15 **Tagata Pasifika** (R, **HD**)
7.40 **Praise Be** (G, R, **HD**, **C**)
8.10 **Susan Calman's Grand Day Out** (G, R, **HD**, **C**, **AD**)
9.00 **Q+A with Jack Tame** (**HD**, **C**) Political interviews and discussions.
10.00 **Waka Huia** (G) Māori stories and histories for all New Zealanders.
10.30 **Marae** (**HD**)
11.00 **The Great British Sewing Bee** (G, R, **HD**, **C**, **AD**) s6ep7
Noon **Attitude** (PG, **C**, **AD**) In 2018 Khadag suffered a traumatic brain injury in a car accident, but the Nepalese chef has recovered enough to get back in the kitchen thanks to a social enterprise catering business.
12.30 **Fair Go** (R, **C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
1.00 **Sunday** (R, **C**) Miriama Kamo presents current affairs.
2.00 **Inside Taronga Zoo** (G, **HD**, **C**, **AD**) A platypus orphaned during the bushfires arrives at Taronga. s2ep15
3.00 **The Check Up** (G, R, **HD**, **C**, **AD**) Jayani check out plant-based eating, and a cervical screening game-changer that could save countless lives. s3ep2
3.30 **Super Rich Sleepover** (G, R, **HD**, **C**, **AD**) Sally Lindsay becomes a house guest at some of the poshest homes in Britain. .
4.30 **Fishing and Adventure** (PG, **HD**, **C**) The boys head north for a harbour fishing challenge and get among a variety of solid far north inshore species.
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Country Calendar** (G, **HD**, **C**, **AD**) A Rakiura Stewart Island family have all made their living on the sea catching crays or diving for paua, and the next generation are now becoming a experts.
7.30 **Sunday** (**C**) Miriama Kamo presents current affairs.
8.30 ■ **The Brokenwood Mysteries** (M, **HD**, **C**, **AD**) A series of deaths leave the Brokenwood detectives wondering if they are up against the town's first serial killer. s8ep6
10.35 **Line of Duty** (M, **HD**, **C**, **AD**) Fresh testimony puts AC-12 back on the trail of the Caddy. s3ep4
11.50 ■ **The Commons** (M, **HD**, **C**, **AD**) s1ep8
1.00am – 6.00 Infomercials

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Peppa Pig** (G, **HD**, **C**)
6.10 **Kangaroo Beach** (G, R, **HD**, **C**)
6.20 **Bluey** (G, R, **HD**, **C**)
6.50 **Care Bears: Unlock the Magic** (G, R, **HD**, **C**)
7.10 **Trollstopia** (G, R, **HD**, **C**)
7.35 **Ben 10** (G, R, **HD**, **C**)
7.45 **Bunnicula** (G, R, **HD**, **C**)
8.05 **SpongeBob SquarePants** (G, R, **HD**, **C**)
8.30 **What Now?** (G, **C**) Local kids' show featuring, games, interviews, fun and gunge.
9.35 **Home and Away Omnibus** (PG, R, **HD**, **C**)
11.30 **Shortland Street Omnibus** (PG, R, **HD**, **C**, **AD**)
2.00 **The Unofficial Young Sheldon Day** (G, R, **HD**, **C**) A Young Sheldon marathon.
7.00 ■ **Young Sheldon** (G, **HD**, **C**) US comedy series about Sheldon Cooper's early years. Tonight, when the IRS accuses Sheldon of making a mistake, he'll stop at nothing to prove them wrong, and Dale is forced to get a colonoscopy and tries to convince Meemaw to join him. s4ep14
7.30 ■ **Crocodile Dundee** (1986, M, R, **HD**, **C**, **AD**) A New York reporter travels to the Australia's Northern Territory to do a story on a legendary bushman and crocodile hunter, who she then invites back to New York. Paul Hogan, Linda Kozlowski, David Gulpilil, John Meillon. **TV Films, page 69**
9.25 ■ **Die Hard with a Vengeance** (1995, 16, R, **HD**, **C**, **AD**) NYPD cop John McClane teams up with an electrician to try to stop a series of bombings in New York City. Bruce Willis, Samuel L Jackson, Jeremy Irons, Graham Greene, Colleen Camp. **TV Films, page 69**
11.55 ■ **Killer Camp** (16, **HD**, **C**) UK whodunit game show in which 11 people try to figure out who is the "killer" among them at an 80s-inspired lakeside lodge. Tonight, Eleven strangers get the shock of their lives when they discover that they are not going on a fun new reality show called Summer Camp. s1ep1
12.40am Golden State Killer: Main Suspect (M, **C**) After a decades-long crime spree in California, a DNA breakthrough leads detectives to a suspect in one of the most famous cases in history.
2.15 **In Ice Cold Blood** (16, **HD**, **C**) s2ep10
3.50 **2 Tunes**
4.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **Life TV**
6.30 **Leading the Way**
7.00 **Charles Stanley**
8.00 **Life TV**
8.30 **Turning Point**
9.00 **Extreme Couponing** (PG, **C**)
9.25 **The Hui** (R, **C**) With Mihingarangi Forbes.
9.55 **Newshub Nation** (R, **C**) With Simon Shepherd and Rebecca Wright.
10.55 **Nature's Strangest Mysteries: Solved** (PG, R, **C**) s1ep17
11.15 **What Could Possibly Go Wrong?** (PG, R, **C**) s1ep7
Noon **American Loggers** (PG, **C**)
1.00 **Elf Rhino Racing Series** Round 5, Taupo.
1.30 **British Touring Cars** Races 22, 23 and 24, Thruxton.
2.30 **GT World Challenge Europe** Round 4, Hockenheim.
3.45 **MotoGP** Round 14, Italy
5.00 **Bondi Lifeguard World Adventures** (PG, R, **C**)
5.30 **Piri's Tiki Tour** (G, **C**) s5ep9
6.00 **Newshub Live**
7.00 **The Masked Singer NZ** (PG, **C**) With guest panellist Kings.
8.00 ■ **Gemini Man** (2019, M, R, **C**) An ageing assassin is pursued by someone with the ability to predict his moves. Will Smith, Mary Elizabeth Winstead, Clive Owen. **TV Films, page 69**
10.05 **9-1-1** (M, R, **C**)
11.00 **Cocaine Trade Exposed: The Invisibles** (M, R, **C**)
11.55 **Infomercials**
5.30am – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Kids' Programmes** (**C**)
7.00 **Religious Programming** (PG)
10.00 **LPGA Highlights** (G) Dana Open, Ohio.
11.00 **NXT** (PG, R)
Noon **UFC 276 Prelims Live**
2.00 **Storage Wars** (PG, R, **C**)
2.30 **Supercars Championship** (G) Round 10, Auckland SuperSprint, race 28.
4.00 **Mainfreight Rugby** (G)
5.00 **WhichCar** (G, R, **C**)
5.30 **Prime News**
6.00 **Supercars Championship** (G) Round 10, Auckland SuperSprint, race 29, from Pukekohe Park Raceway.
7.30 **Rescue: River Deep Mountain High** (PG, R, **C**)
8.00 **Kalgoorlie Cops** (M, **C**)
8.35 **The Equalizer** (M, **C**) McCall is hired by an online group of true crime enthusiasts to find a stalker.
9.30 **Game of Thrones** (18, **C**)
11.45 **SmackDown** (PG)
12.45am Fear the Walking Dead (18, **C**)
2.00 – 6.00 Infomercials

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

Documentary: 9/11: CONTROL THE SKIES

A 2019 doco that looks at the air traffic controllers in tiny Gander, Newfoundland, who were tasked with landing planes flying at the time of the 9/11 attacks. Of 500, there were 167 that couldn't turn back.
TVNZ DUKE, 11.30am and 10.35pm

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Whānau Bake-Off** (G, R)
9.30 **Easy Eats** (G, R)
10.00 **Kai with Anne Thorp** (G, R)
10.30 **Moon Tide Fishing** (G, R)
11.00 **Te Ao Mārama**
11.30 **Te Ao with Moana** (R)
Noon **Te Ao Tapatahi**
12.30 **Tagata Pasifika**
1.00 **5 Minutes of Fame** (G, R)
2.00 ■ **Emu Runner** (2018, PG, R) Rhae-Kye Waites.
4.00 **Waka Huia** (G, R)
4.30 **The Hui** (R)
5.00 **Matangireia** (G, R)
5.30 **Te Ao Toa** With Erena Mikaere and Stacey Fluhler.
6.30 **Heritage Rescue** (G, R) Brigid Gallagher visits a museum on Rangitoto Island that presents a snapshot of bach life in the 1950s, but desperately needs more accessible displays.
7.30 **Whānau** (PG, R) Documentary series about four Māori families expecting new babies.
8.30 ■ **Sami Blood** (2016, M) A Sami girl who is exposed to the racism of the 1930s at boarding school dreams of another life. Maj-Doris Rimpi, Ánne Biret Somby, Hanna Alström. **TV Films, page 69**
10.30 – 11.30 **Tāringa** (G, R) A bilingual podcastabout the use of te reo.

BRAVO FREEVIEW 4 SKY 012

6.00 **Top Chef** (PG, R)
9.10 **Hoarders** (PG, R)
10.50 **Undercover Boss** (PG, R)
11.40 **Love It or List It** (PG, R)
1.30 **Stop Search Seize** (PG, R)
2.30 **Rich Kids Go Skint** (PG, R)
3.30 **A Place in the Sun: Summer Sun Marathon** (PG, R)
6.30 **Tiny House Nation** (PG) A young Cleveland couple want a recording studio and a quilting area in their 220sq ft tiny house trailer.
7.30 ■ **The Firm** (1993, M, R, **C**) A bright law graduate is seduced by the money and perks of his new job at a big firm, but soon becomes aware of corruption below the surface. Tom Cruise, Jeanne Tripplehorn, Gene Hackman.
10.30 **999 What's Your Emergency?** (M, R)
11.30 **Young, Dumb and Banged Up in the Sun** (M, R)
12.20am The Real Housewives of Dubai (M) **1.10 – 6.00** Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Key of David**
6.30 **Through the Bible**
7.00 **Leading the Way**
7.30 **Turning Point**
8.00 **Baked in Vermont** (G)
8.25 **The Best Thing I Ever Ate** (R)
9.15 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
10.45 **Building the Dream** (G)
11.35 **Flea Market Flip** (G, R)
Noon **Craft Wars** (PG)
1.00 **Best in Food** (G)
1.30 **The 1% Club** (PG, R)
2.30 **My Lottery Dream Home** (G, R)
3.00 **Amanda to the Rescue** (PG)
4.00 **Baker's Dozen** (PG)
5.00 **Mysteries at the Museum** (PG)
6.00 **American Pickers** (PG)
7.00 **Everything but the House**
7.30 **Tony Robinson's Coast to Coast** (G)
8.30 ■ **Devil's Knot** (2013, M) Colin Firth. **TV Films, page 69**
10.45 **Forged in Fire** (PG)
11.40 **Flea Market Flip** (G)
12.10am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Tanked** (PG, R)
7.40 **Turbo Pickers** (PG, R)
8.30 **Building Off the Grid: Alaskan Glacier** (PG, R)
9.20 **100 Days Wild** (PG, R)
10.10 **Ed Stafford: Left for Dead** (PG, R)
10.55 **Inside West Coast Customs** (PG, R)
11.45 **Garage Squad** (PG, R)
1.25 **Wheeler Dealers Marathon** (PG, R)
5.45 **Garage Squad** (PG)
6.40 **Head Rush** (G)
7.30 **Turbo Pickers** (PG)
8.25 **Iron Resurrection** (PG) Joe's latest build, a 71 Nova, is behind schedule.
9.20 **Texas Metal** (PG) The team work on installing an engine in a 1937 International Harvester, and a 2005 Chevy Colorado gets a new life as a nitrous-infused drag truck.
10.10 **Airplane Repo** (M)
11.05 **Garage Squad** (PG, R)
11.55 **Head Rush** (G, R)
12.40am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
7.00 **DUKEbox Music**
11.30 **9/11: Control the Skies** (PG, R, **HD**, **C**, **AD**) Documentary.
12.15 **Superstore** (PG, R, **HD**, **C**, **AD**) s5ep12
2.15 **Motorway Patrol** (PG, R, **C**)
3.05 **River Monsters** (PG, R, **HD**, **C**)
4.00 **Xploration: Awesome Planet** (G, R, **HD**)
4.25 **Impossible Engineering** (G, R, **HD**, **C**, **AD**) s1ep3
5.15 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s4ep16
6.05 **Rescue Cam** (PG, R, **HD**)
6.30 **Fish of the Day** (G, **HD**, **C**) s1ep2
7.00 **Family Guy** (PG, R, **HD**, **C**, **AD**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s16ep12
8.30 **Great Escapes with Morgan Freeman** (PG, R, **HD**, **C**, **AD**) s1ep7
9.25 **Top Gear America** (G, **HD**)
10.05 **Wheelburn** (G, **HD**) Pro drifter Mad Mike Whiddett takes on Hayden Paddon.
10.35 **9/11: Control the Skies** (PG, R, **HD**, **C**, **AD**) Documentary.
11.30 – 12.25am **The Last Secrets of 9/11** (M, R, **HD**, **C**, **AD**) Documentary.

SKY PREMIERE SKY 030

6.27 **Pooka Lives!** (2019, 16) Malcolm Barrett
7.45 **The Dry** (2020, 16) Eric Bana, Genevieve O'Reilly
9.40 **Four Good Days** (2019, M) Mila Kunis, Glenn Close
11.20 **Military Wives** (2019, M) Kristin Scott Thomas
1.10 **Dream Horse** (2021, PG) Toni Collette
3.00 **Belfast** (2021, M) Jamie Dornan, Caitriona Balfe
4.40 **Escape Room: Tournament of Champions** (2021, M) Taylor Russell, Logan Miller
6.20 **The Suicide Squad** (2021, 16) Harley Quinn, Bloodsport, Peacemaker and other villains are dropped onto an enemy-infused island. Margot Robbie, Idris Elba
8.30 **Marry Me** (2022, PG) When she learns her partner has been unfaithful, a pop star marries a fan instead. Jennifer Lopez, Owen Wilson
10.30 **Resident Evil: Welcome to Raccoon City** (2021, 16) Kaya Scodelario, Robbie Amell
12.20am The Nest (2020, 16) **2.10** Godzilla vs. Kong (2021, M) **4.05** I'm Just F*cking with You (2018, 16) **5.30** Pure (2018, 16)

MOVIES CLASSICS SKY 034

6.55 **Cape Fear** (1991, 16) Robert De Niro, Nick Nolte
9.00 **The Client** (1994, M) Susan Sarandon, Tommy Lee Jones
11.00 **Boyz N the Hood** (1991, M) Cuba Gooding Jr, Laurence Fishburne
12.50 **Sex, Lies and Videotape** (1989, M) James Spader, Andie MacDowell
2.30 **In Cold Blood** (1967, 18) Robert Blake, Scott Wilson
4.45 **The China Syndrome** (1979, PG) Jane Fonda, Jack Lemmon
6.50 **Grumpier Old Men** (1995, PG) Two old friends put their bickering on the back burner when a newcomer tries to take over their beloved bait shop. Walter Matthau, Jack Lemmon, Ann-Margret, Sophia Loren
8.30 **Fargo** (1996, 18) A pregnant police chief investigates a failed extortion attempt. William H Macy, Frances McDormand
10.10 **The Candidate** (1972, PG) Robert Redford, Peter Boyle
12.00am Wyatt Earp (1994, M) **3.05** Carrie (1976, 16) **4.45** The Moon Is Blue (1953, PG)

RIALTO SKY 039

6.45 **Wild Indian** (2021, 16) Jesse Eisenberg
8.15 **High Ground** (2020, 16) Simon Baker
10.00 **Manhunt: The Night Stalker** (M) s2ep1
10.50 **No Man's Land** (2020, M) Frank Grillo
12.45 **Three Families** (16) s1ep1&2
2.50 **When Hitler Stole Pink Rabbit** (2019, PG) Carla Juri, Oliver Masucci, Riva Krymalowski
4.50 **Larger Than Life: The Kevyn Aucoin Story** (2017, M) US documentary.
6.35 **Ride the Eagle** (2021, M) Jake Johnson
8.05 **Matua** (2021, PG) Ngahiriwa Rauhina
8.30 **Rialto British: Manhunt: The Night Stalker** (M) Colin presents his findings to DCS Hamish Campbell. s2ep2
9.20 **Adopt a Highway** (2019, M) Ethan Hawke
10.40 **Boys from County Hell** (2020, 16) John Lynch
12.10am Wuhan Wuhan (2021, M) **1.45** Three Families (16) s1ep1&2 **3.50** When Hitler Stole Pink Rabbit (2019, PG) **5.50** Larger Than Life: The Kevyn Aucoin Story (2017, M)

SKY CHANNELS

Vibe SKY 006

6.25 Family Finders (M) s2ep8&9 **7.25** Monday Mornings (M) s1ep1 **8.10** Judge Judy Omnibus (PG) **9.50** The Closer Omnibus (M) **1.45** Harlots (16) s2ep1 **2.45** The Chronicle Mysteries: Helped to Death (PG) **4.30** Back in Time for Dinner (PG) s1ep3 **5.30** Stacey Dooley Investigates (M) **6.30** Dream Home Rescue (PG) s1ep11&12 **7.30** Designing Dreams (G) Architect Anna-Marie Chin takes Matthew on a winter wonderland tour of spectacular homes in Queenstown, Arrowtown and Dunedin. s1ep3 **8.30** Victoria (M) Revolution sweeps across Europe and reaches Britain, and a heavily pregnant Victoria is shocked by the unexpected arrival of her half-sister. s3ep1 **9.30** Agatha Christie's Marple (M) A superstitious woman apparently dies of fright after her fate is foretold by a medium. s5ep3 **11.15** Back in Time for Dinner (PG) s1ep3 **12.15am** Programmes continue

BBC UKTV SKY 007

6.00 Traces (M) s1ep5&6 **7.40** Keeping Up Appearances (PG) s1ep3 **8.10** Holby City (M) s21ep20 **9.10** EastEnders Marathon (PG) **11.10** The Jonathan Ross Show (M) s18ep3 **Noon** The Graham Norton Show (M) s29ep9 **12.50** 8 Out of 10 Cats Does Countdown (M) **1.40** Midsomer Murders (M) s18ep6 **3.25** The Trial of Christine Keeler (M) s1ep6 **4.30** Death in Paradise (PG) s10ep7 **5.35** Heartbeat (PG) s18ep11 **6.30** Death in Paradise (M) s10ep5 **7.35** Doc Martin (M) s3ep1 **8.30** Who Do You Think You Are? (PG) Mark Wright discovers that his ancestors included a Spaniard who was burned at the stake during the Inquisition. **9.35** Call the Midwife (M) The Poplar community pulls together to prepare for the annual summer fete, and Dr Turner gets Poplar included in the mass X-ray screening programme for TB. s2ep5&6 **11.35** Casualty (PG) s37ep3 **12.25am** Programmes continue

SoHo SKY 010

6.00 Britannia Marathon Continues (18) s2ep2-10 **12.45** City on a Hill (16) s3ep5 **1.45** Allen v. Farrow (18) s1ep4 **3.00** Eden (16) s1ep8 **3.45** Scenes from a Marriage (16) s1ep3 **4.45** Animal Kingdom (16) s6ep7 **5.30** Industry (16) s2ep1 **6.30** White House Farm (18) s1ep3 **7.30** The Invisible Pilot (16) Gary's resentment leads him to serve as a star witness in the Senate's investigation of the Iran-Contra scandal. s1ep3 **8.30** The White Lotus (16) As Armond attempts damage control, Belinda tries to redirect Tanya's focus back to her business proposal. s1ep5 **9.30** House of the Dragon (18) s1ep3 **10.30** Real Time with Bill Maher (M) s20ep26 **11.30** The Rehearsal (16) s1ep5 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.00** Heavenly Gardens (PG) **8.00** The Great Garden Revolution (PG) **8.50** Gardening Australia (PG) **9.50** Our Simple Life (PG) **10.50** Salvage Hunters: The Restorers (PG) **11.40** Exploring Northern Ireland with Siobhán McSweeney (PG) **12.35** Rachael Ray's Week in a Day (PG) **1.35** Girl Meets Farm (PG) **2.00** Cake Wars (PG) **2.55** Buddy vs. Duff (PG) **4.20** Spring Is Sprung (PG) **4.45** Spring Baking Championship (PG) **5.40** Love It or List It Australia (PG) **7.30** The Great British Dig (PG) **8.30** Shed and Buried (PG) **9.30** Paramedics on Scene (PG) **10.30** Cake Wars (PG) **11.20** Buddy vs. Duff (PG) **12.35am** Programmes continue

Investigation Discovery SKY 018

6.05 I'd Kill for You (M) **6.55** Who Killed the Lyon Sisters? (M) **8.35** People Magazine Investigates (M) **9.25** Nightmare Next Door (M) **10.20** Dead of Night (M) **11.15** The Perfect Murder (M) **12.10** Crime Scene Confidential (M) **1.05** Body Cam (M) **2.00** People Magazine Investigates Marathon (M) **6.35** Unseamly: The Investigation of Peter Nygård (M) **8.30** Murder in the Heartland (M) **9.30** Undercover Underage (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.10 Stephen King: A Necessary Evil (PG) **7.05** Catherine Ringer Sings the Rita Mitsouko **8.00** Simon Boccanegra (G) Opera. **10.25** Classical Destinations with Simon Callow **10.55** Parklife **12.30** George Carlin's American Dream (PG) **2.10** Stephen King: A Necessary Evil (PG) **3.05** Catherine Ringer Sings the Rita Mitsouko **4.00** Le Concert De Paris 2019 **5.45** Le Concert De Paris 2021 **7.30** You, Myself and Art **8.00** Nicole Bernegger Plays Baloise Session **8.45** ■ Long Hot Summers: The Story of the Style Council (2020, G) **10.00** Artists & Love **10.30** Rock Legends: James Taylor **11.00** Rock Legends: Lynyrd Skynyrd **11.30** Rock Legends: The Kinks **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** Strange Evidence (PG) **7.20** Contact (PG) **8.10** Heavy Tow Truckers Down Under (PG) **9.00** Aussie Salvage Squad (PG) **9.55** What on Earth? (PG) **10.50** Gold Rush: White Water (M) **11.45** Aussie Gold Hunters (PG) **12.40** Heavy Tow Truckers Down Under (PG) **1.35** Blowing Up History (PG) **2.25** No Responders Left Behind (M) **3.50** Naked and Afraid Marathon (M) **7.30** Aussie Gold Hunters (PG) **8.30** Naked and Afraid (M) **10.30** Dual Survival (M) **11.25** Strange Evidence (PG) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Witness to Disaster (M) **7.30** Air Crash Investigation: Special Report (PG) **9.30** Last of the Giants: Wild Fish (PG) **10.30** Wicked Tuna (PG) **11.30** First Alaskans (PG) **12.30** 9/11: One Day in America Marathon (M) **7.00** Do or Die (PG) **7.30** César Millan: Better Human, Better Dog (PG) **8.30** Air Crash Investigation: Special Report (M) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** Running Wild with Bear Grylls: The Challenge (PG) **11.30** Drain the Oceans Best ofs (PG) **12.30** Witness to Disaster (M) **1.30** César Millan: Better Human, Better Dog (PG) **2.30** Air Crash Investigation: Special Report (M) **3.30** Narco Wars: Chasing the Dragon (16) **4.30** Running Wild with Bear Grylls: The Challenge (PG) **5.30** Drain the Oceans Best ofs (PG)

History SKY 073

7.30 Egypt (PG) **8.30** Time Team **9.30** The Nile: 5000 Years of History (PG) **10.30** 9/11: Four Flights (PG) **12.30** Egypt (PG) **1.30** End of Empire: Rise & Fall of Dynasties (PG) **2.30** Desert One (16) **4.30** Walking Britain's Roman Roads (PG) **5.30** Ancient Egypt's Darkest Hours (PG) **6.30** Abandoned Engineering (PG) **7.30** Around the World by Train with Tony Robinson (PG) The last leg of Tony's trip begins deep in the Arctic Circle. **8.30** 9/11: Life Under Attack (PG) An account of the 9/11 attack in New York created through footage taken by people on the day. **10.20** Ancient Apocalypse (PG) **11.25** Air Warriors (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Life Below Zero (M) **6.45** Natural History Museum: World of Wonder (PG) **7.35** Louis Theroux: Law & Disorder Johannesburg (16) **8.35** Trust Me, I'm a Doctor (PG) **9.30** Attenborough's Natural Curiosities (PG) **10.20** Waterhole: Africa's Animal Oasis (PG) **12.30** The Dog Rescuers with Alan Davies (PG) **2.10** 24 Hours in A&E (PG) **3.50** Universe (PG) **4.45** Frozen Planet (PG) **5.40** Wild Kingdom (PG) **6.45** Life Below Zero (M) **7.40** The Dog Rescuers with Alan Davies (PG) **8.30** Chris Packham's Animal Einsteins (PG) **9.35** Brian Cox's Adventures in Space and Time (PG) Brian reflects on our amazing feats of space exploration and asks how far we can go. **10.35** Trust Me, I'm a Doctor (PG) Michael Mosley tests whether diet affects mental health. **11.35** Attenborough's Natural Curiosities (PG) **12.25am** Programmes continue

Sky Arts: Nicole Bernegger Plays Baloise Session, 8.00pm

SKY SPORT

Sky Sport 1 SKY 051

6.15 NPC, Counties Manukau v Manawatu **6.30** Farah Palmer Cup, Premiership Final **7.00** Farah Palmer Cup, Championship Final **7.30** NPC, Counties Manukau v Manawatu **7.45** NPC, North Harbour v Bay of Plenty **8.00** Premier League, Bournemouth v Brighton **10.00** Farah Palmer Cup, Championship Final **10.15** Farah Palmer Cup, Premiership Final **10.30** 1st XV Rugby, National Girls Championship Final, **live** **12.15** SailGP, France, day 1 **12.45** NPC, Counties Manukau v Manawatu **1.00** Farah Palmer Cup, Premiership Final **1.30** SailGP, France, day 1 **2.00** NPC, Tasman v Taranaki, **live** **4.00** 1st XV Rugby, National Girls Championship Final **4.30** NPC, Canterbury v Northland, from **live** **6.30** 1st XV Rugby, National Boys Championship Final **7.00** NPC, Tasman v Taranaki **7.15** NPC, Wellington v Otago **7.30** The Breakdown **8.30** Rugby Nation **9.00** 1st XV Rugby, National Boys Championship Final **10.30** Farah Palmer Cup, Championship Final **11.00** SailGP, France, day 1 **11.30** SailGP: Racing on the Edge **12.00am** SailGP, France, day 2, **live** **2.00** SailGP, France, day 1 **2.40** Premier League, highlights **3.20** NPC, Wellington v Otago, replay **5.30** Rugby Nation

Sky Sport 2 SKY 052

6.00 Premier League, replay **8.00** Premier League, replay **10.00** Farah Palmer Cup, Premiership Final, replay **Noon** Premier League, replay **2.00** NPC, Wellington v Otago, from Sky Stadium, Wellington, **live** **4.00** SailGP, France, day 1, highlights **4.30** Farah Palmer Cup, Championship Final, highlights **5.00** SailGP, France, day 1, replay **7.00** Premier League, highlights **7.30** DTM Championship, round 6, qualifying race 2, from Belgium, **live** **8.30** Farah Palmer Cup, Championship Final, replay **10.30** DTM Championship, round 6, race 2, from Belgium, **live** **12.30am** NPC, Canterbury v Northland **12.50** Premier League, Southampton v Brentford, **live** **3.00** Premier League, highlights **3.20** Vuelta a España, stage 21, Las Rozas to Madrid, **live**

Sky Sport 3 SKY 053

6.00 Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **6.30** CPL, Jamaica Tallawahs v St Lucia Kings **7.00** CPL, Guyana v St Kitts & Nevis **7.30** CPL, Barbados Royals v St Lucia Kings **8.00** Premier League, replay **10.00** CPL, Barbados Royals v St Lucia Kings **10.30** CPL, Guyana Amazon Warriors v St Lucia Kings, **live** **2.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **3.30** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **4.00** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI, from Cazalys Stadium, Cairns, **live** **12.20am** CPL, Jamaica v Trinbago **1.00** CPL, Guyana v St Lucia **1.30** CPL, Barbados Royals v Jamaica Tallawahs, **live** **5.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**)
10.00 **Tipping Point** (G, R, **HD**, **C**)
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **HD**, **C**, **AD**) Harriet is shocked when Dan instinctively goes to kiss her, Nicola is spooked, and Sandra plants another seed of doubt in Liv's mind.
1.30 **Country Calendar** (G, R, **HD**, **C**, **AD**) A Rakiura family have all made their living on the sea catching crays or diving for paua, and the next generation are now becoming a experts.
2.00 **The Repair Shop** (G, R, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**) In Tauranga, police dog Falcon swoops in on a fugitive driver who has left a trail of destruction.
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Fair Go** (**C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
8.00 **The Check Up** (G, **C**, **AD**) Mataroria Lyndon, Shawn Gielen-Relph, Jayani Kannangara and Vanisi Prescott present a local health series. Tonight, Shawn tests auditory illusions that leave people speechless, mastering the art of the perfect nap, and Vanisi hits the beach.
8.30 **My Life Is Murder** (PG, **HD**, **C**, **AD**) Alexa is determined to prove the innocence of a champion thoroughbred blamed for the death of its handler. s3ep3
9.30 **20/20** International current affairs.
10.30 **1 News** (**HD**, **C**)
11.00 **Shortland Street** (PG, R, **C**, **AD**)
11.30 **Paramedics** (PG, R, **HD**, **C**)
12.25am **Q+A with Jack Tame** (R, **HD**, **C**)
1.25 **Te Karere** (R, **HD**)
2.00 **Infomercials**
5.30 – 6.00 **Te Karere** (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, R, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills BodyBalance** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (PG, **HD**, **C**)
Noon **First Dates** (M, **HD**, **C**) s6ep8
1.00 **Aroha Nui: Say I Do** (G, R, **HD**, **C**, **AD**)
2.00 **The Drew Barrymore Show** (PG, **HD**, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep6
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (G, R, **HD**, **C**, **AD**) s31ep14
5.30 **Friends** (G, R, **HD**, **C**) s10ep14
6.00 **Ghosts** (PG, **C**, **AD**) After Jay is kicked out of Dungeons & Dragons with his city friends, Sam agrees to facilitate a new game with the ghosts. s1ep8
6.30 **Home and Away** (**C**) Ziggy wonders what could have been, and Rose heals Xander's wounds.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) TK pushes Tillie away, and Jack is dealt a harsh life lesson.
7.30 **Celebrity Treasure Island** (PG, **HD**, **C**, **AD**, another episode screens tomorrow) The teams battle for a delicious reward and a surprising advantage.
8.30 **Renters** (M, **HD**, **C**, **AD**) In Ōtautahi, an immovable object meets and unstoppable force: an evicted tenant versus property manager Pru.
9.00 **Australian Survivor: Blood v Water** (PG, **HD**, **C**, another episode screens tomorrow) The Reward Challenge wins a trip to the Survivor Shop and a chance to take someone from the other tribe along.
10.40 **Two and a Half Men** (PG, R, **HD**, **C**) s8ep7
11.35 **2 Broke Girls** (PG, R, **HD**, **C**) s2ep5
12.30am **Counterpart** (M, **HD**, **C**) s1ep5
1.25 **Emmerdale** (PG, R, **HD**, **C**, **AD**)
2.15 **Infomercials**
3.10 **The Cube** (G, R, **HD**, **C**)
3.55 **Heroes** (M, R, **C**) s3ep6
4.40 **Neighbours** (PG, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **Model Citizen** (2019, M, R, **C**) A kidnapped model tries to escape her captors. Cassie Howarth, Shawn Pyfrom.
2.55 **Outrageous Acts of Science** (PG, **C**)
3.55 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **The Block NZ: Redemption** (PG, **C**, another episode screens tomorrow) Teams score each other's kitchen and dining rooms.
8.40 **The Rookie** (M, **C**) Nolan and Chen's run-in with an infamous thief tips them off to a potentially big heist surrounding a big gala event. s4ep2
9.35 **Law & Order: Special Victims Unit** (M, **C**) Rollins and Kat respond to a dangerous domestic violence call, and Fin gives his deposition in the lawsuit against him. s22ep2
10.30 **Newshub Late**
11.00 **Head High** (M, R, **C**) Local drama series about rival rugby-playing high schools.
12.05am **Infomercials**
5.30 – 6.00 **AM Early** With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **Dan Brown's The Lost Symbol** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
3.55 **Artefact** (G, R, **C**)
5.00 **Tagata Pasifika** (G)
5.30 **Prime News**
6.00 **Rugby Nation** (G)
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **American Pickers** (PG, R)
8.30 **The Crowd Goes Wild**
9.30 **Super Pumped: The Battle for Uber** (16, **C**) Travis finds himself on trial at Apple HQ, fighting for Uber's very existence.
10.45 **The Late Show with Stephen Colbert** (PG)
11.45 **Ballers** (16)
12.30 – 6.00 **Infomercials**

Crime drama: THE SUSPECT

Poldark as you've never seen him: Aidan Turner stars in this psychological thriller, and we know it's a psychological thriller, because he is a psychologist. Also, he has a beard, which means he's definitely hiding something. This five-part series is an adaptation of Michael Robotham's 2004 novel and Turner is Dr Joseph O'Loughlin, called in to help with a murder investigation. However, as detectives Vincent Ruiz (Shaun Parkes) and Riya Devi (Anjli Mohindra) start pulling the threads, all sorts of secrets emerge, including O'Loughlin's relationship with the deceased. *Fleabag*'s Sian Clifford also stars.
TVNZ+

Crime drama: LONDON KILLS

If you prefer your crime drama more procedural in nature, season three of *London Kills* arrives tonight; Hugo Speer is suitably gruff as the boss of an elite London murder squad. It differs from US crime procedurals by employing a documentary shooting style and some improvisation of lines by the actors.
UKTV, 9.40pm

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G)
9.00 **Easy Eats** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Hāngi Pit Masters** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Whānau** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Celebrity Playlist** (G, R)
1.00 **Heritage Rescue** (G, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
5.05 **Rags Are Riches** (PG, R)
5.15 **Rediscovering Aotearoa** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 **Marae** Current affairs.
7.30 **Our Other Islands** (PG) Troy Kingi is welcomed by a special whānau on Kāpiti Island.
8.00 **Te Ao with Moana** Moana Maniapoto present current affairs.
8.30 **Meng** (G) Documentary unpacking a Chinese man's determination to promote the rights of tangata whenua.
9.30 **Herbs: Songs of Freedom** (2019, PG, R) Documentary about legendary reggae band Herbs.
11.00 – 11.30 **Te Ao Mārama** (R)

Film: INTERVIEW WITH THE VAMPIRE

Time to brush up on your Anne Rice: a TV series of *Interview* is arriving in October, starring Aussie Sam Reid as Lestat. Meanwhile, here's the 1994 movie directed by Neil Jordan, who reportedly was attracted by the Catholic guilt themes.
SKY MOVIES CLASSICS, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.45 **Snapped: Behind Bars** (M, R)
12.35 **Tattoo Fixers** (M, R)
1.35 **Below Deck** (R)
2.35 **Love It or List It** (PG, R)
3.35 **Top Chef** (PG)
4.35 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG, R)
6.30 **Stop Search Seize** (PG, R)
7.30 **Snapped: Killer Couples** (M)
8.30 **New York Homicide** (16) In the most expensive zipcode in Manhattan, an eccentric art collector is found strangled in his apartment.
9.30 **Exhumed: Killer Revealed** (16) The deaths of two horse groomers years apart prompt police to reinvestigate.
10.30 **Snapped: Behind Bars** (M, R)
11.30 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **Amanda to the Rescue** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Baker's Dozen** (PG, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Bang on Budget** (PG)
1.00 **American Restoration** (PG)
1.30 **Everything but the House** (R)
2.00 **Coast to Coast** (G, R)
3.00 **My Cat from Hell** (PG)
4.00 **Jamie's Super Food** (G)
5.00 **Mysteries at the Museum** (PG)
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Australia** (PG)
8.00 **Newshub Live**
8.30 **Alone at Home** (PG)
9.30 **Joanna Lumley's Unseen Adventures** (PG)
10.30 **Shipping Wars** (PG, R)
11.00 **Border Security Australia** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Turbo Pickers** (PG, R)
9.20 **Iron Resurrection** (PG, R)
10.10 **Texas Metal** (PG, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Building Off the Grid: Alaskan Glacier** (PG, R)
1.30 **Building Alaska** (G, R)
2.20 **Homestead Rescue** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **Turbo Pickers** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.45 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Ed Stafford: Left for Dead** (PG)
8.25 **Man vs. Wild** (PG)
9.20 **Naked and Afraid** (M)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox: Waiata Māori**
11.40 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep19
12.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.25 **River Monsters** (PG, R, **HD**, **C**)
1.20 **Star Trek Discovery** (M, **HD**, **C**) s2ep6
2.20 **Hunting Aotearoa** (PG, R, **HD**)
2.45 **Heavy Rescue 401** (G, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.25 **ABC World News** (PG)
4.50 **Abandoned Engineering** (PG, R, **HD**, **C**)
5.40 **30 Rock** (PG, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep20
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**)
8.30 **Family Guy** (PG, R, **HD**, **C**, **AD**)
9.30 **Ten Year Old Tom** (M, **HD**, **C**)
10.00 **Robot Chicken** (M, **HD**)
10.30 **Aqua Teen Hunger Force** (M, **HD**)
10.55 **The Eric Andre Show** (G, R, **HD**)
11.20 **YOLO: Crystal Fantasy** (M, R, **HD**)
11.45 **The Venture Bros.** (M, **HD**)
1.45am – 2.05 ABC World News (PG, R)

SKY PREMIERE SKY 030

7.00 **Culture Shock** (2018, 16) Martha Higareda
8.30 **Land** (2021, M) Robin Wright, Demian Bichir
10.00 **Lake Placid: Legacy** (2018, 16) Katherine Barrell
11.35 **The Forever Purge** (2021, 16) Ana de la Reguera
1.20 **Alone** (2020, 16) Jules Willcox, Marc Menchaca
3.00 **The Unholy** (2021, M) Jeffrey Dean Morgan
4.40 **Let Them All Talk** (2020, M) Meryl Streep
6.35 **Scream** (2022, 16) Twenty-five years after the first murders, a new killer dons the Ghostface mask. Melissa Barrera, Neve Campbell, Mason Gooding
8.30 **The Card Counter** (2021, 16) While trying to keep a young man on the straight and narrow, a former military interrogator is drawn back into his dark past. Oscar Isaac, Tye Sheridan
10.25 **Cry Macho** (2021, M) Clint Eastwood, Eduardo Minett
12.10am Crisis (2020, 16) **2.05** Penguin Bloom (2020, M) **3.38** Gully (2021, 18) **5.00** French Exit (2021, M)

MOVIES CLASSICS SKY 034

6.25 **The Candidate** (1972, PG) Robert Redford, Peter Boyle
8.15 **... and Justice for All** (1979, M) Al Pacino, Jack Warden
10.15 **The Ruling Class** (1972, M) Peter O'Toole, Alastair Sim
12.45 **Castle Keep** (1969, M) Burt Lancaster, Patrick O'Neal
2.30 **Major Dundee** (1965, PG) Charlton Heston, James Coburn
4.30 **The King of Comedy** (1983, PG) Robert De Niro, Jerry Lewis
6.15 **Rob Roy** (1995, M) A Scottish clan chief battles a sadistic nobleman in the Scottish Highlands. Liam Neeson, Jessica Lange, Tim Roth, Brian Cox
8.30 **Interview with the Vampire** (1994, 16) A journalist sits down with a 200-year-old vampire to hear his epic story of love, betrayal, loneliness and hunger. Brad Pitt, Tom Cruise, Stephen Rea, Kirsten Dunst
10.30 **The Shining** (1980, 16) Jack Nicholson, Shelley Duvall
12.50am Decision at Sundown (1957, M) **2.10** Anzio (1968, PG) **4.05** Pale Rider (1985, PG)

RIALTO SKY 039

7.35 **Ride the Eagle** (2021, M) Jake Johnson
9.05 **Manhunt: The Night Stalker** (M) s2ep2
9.55 **Adopt a Highway** (2019, M) Ethan Hawke
11.15 **Wuhan Wuhan** (2021, M) Chinese documentary.
12.50 **Finding You** (2021, PG) Rose Reid
2.50 **Roller Dreams** (2017, M) US documentary.
4.15 **Rare Beasts** (2019, 16) Billie Piper, Kerry Fox
5.50 **In the Shadow of 9/11** (2021, 16) US documentary.
7.30 **War of the Worlds** (M) s2ep1
8.20 **Song for Serbia** (2021, PG) Lawrence Wharerau
8.30 **Rialto World: Slalom** (2020, 18) Under the guidance of a strict former champion, a promising 15-year-old trains as a professional skier. Noée Abita, Jérémie Renier
TV Films, page 69
10.00 **The Accidental President** (2020, M) US documentary.
11.50 **The Crimson Rivers: Day of the Ashes** (M)
1.25am Red Light (16) s1ep1&2 **3.10** Finding You (2021, PG) **5.10** Roller Dreams (2017, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s6ep1 **6.50** The Closer (M) s6ep1 **7.40** The Mysteries of Laura (M) s2ep15 **8.30** The Good Wife (M) s2ep11 **9.20** Covert Affairs (M) s3ep7 **10.10** Judge Judy (PG) **11.05** Agatha Christie's Marple (M) s5ep3 **12.50** Back in Time for Dinner (PG) s1ep3 **2.00** The Closer (M) s6ep1 **2.50** The Mysteries of Laura (M) s2ep15 **3.40** The Good Wife (M) s2ep11 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s6ep1 **6.30** Covert Affairs (M) s3ep7 **7.30** Casualty 24/7 (M) s2ep2 **8.30** Ambulance (16) s7ep5 **9.30** Inside the Operating Theatre (M) s1ep18 **10.30** The Good Wife (M) s2ep11 **11.20** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.35** QI (M) **7.05** Richard Osman's House of Games Night (PG) s2ep3 **7.35** The Bill (M) **8.25** A Touch of Frost (M) s3ep3 **10.15** Father Brown (PG) s5ep1 **11.10** Doc Martin (M) s4ep2 **Noon** Midsomer Murders (M) s4ep5 **1.35** The Bill (M) **2.25** New Tricks (M) s9ep5 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (PG) s25ep12 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (PG) **8.00** Richard Osman's House of Games (PG) s1ep6 **8.35** Death in Paradise (M) A man confesses to murdering his boss, but can't remember what happened. s10ep8 **9.40** London Kills (PG) A series of murders point to a killer within the police force. s3ep1 **10.35** Keeping Faith (M) s1ep7 **11.40** Midsomer Murders (M) s4ep5 **1.15am** Programmes continue

SoHo SKY 010

6.00 Rap Sh!t (16) s1ep7 **6.35** House of the Dragon (18) s1ep3 **7.35** White House Farm (18) s1ep3 **8.25** Real Time with Bill Maher (M) s20ep26 **9.25** The White Lotus (16) s1ep5 **10.25** The Invisible Pilot (16) s1ep3 **11.25** The Rehearsal (16) s1ep5 **11.55** House of the Dragon (18) s1ep3 **1.00** House of the Dragon (18) s1ep4 **2.05** TBA **2.25** Real Time with Bill Maher (M) s20ep26 **3.35** Rap Sh!t (16) s1ep7 **4.10** The Rehearsal (16) s1ep5 **4.40** A Million Little Things (M) s2ep6&7 **6.10** I Hate Suzie (M) s1ep9 **6.50** Black Monday (16) s2ep9 **7.20** Last Week Tonight with John Oliver (M) s9ep22 **8.00** What We Do in the Shadows (16) s4ep4 **8.30** House of the Dragon (18) s1ep4 **9.30** City on a Hill (16) A violent attack stalls the Dryden investigation. s3ep6 **10.30** ■ Bad Education (2019, 16) Hugh Jackman. **12.15am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Long Lost Family US (PG) **10.55** Lost for Words (PG) **11.55** A Place in the Sun: Winter Sun (PG) **12.50** Love It or List It Australia (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Lost for Words (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Selling Houses Australia (PG) **9.30** The Great Hotel Escape (PG) **10.30** Grand Designs New Zealand (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** American Monster (M) **7.45** Evil Lives Here (M) **8.35** Crime Scene Confidential (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Heart of Darkness (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** Unseamly: The Investigation of Peter Nygård (M) **7.30** Evil Lives Here (M) **8.30** Where Murder Lies (M) **9.30** Evil Lives Here (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.00 Artists & Love **6.30** Rock Legends: James Taylor **7.00** Rock Legends: Lynyrd Skynyrd **7.30** Rock Legends: The Kinks **8.00** Le Concert De Paris 2019 **9.45** Le Concert De Paris 2021 **11.30** You, Myself and Art **Noon** Nicole Bernegger Plays Baloise Session **12.45** ■ Long Hot Summers: The Story of the Style Council (2020, G) **2.00** Artists & Love **2.30** Rock Legends: James Taylor **3.00** Rock Legends: Lynyrd Skynyrd **3.30** Rock Legends: The Kinks **4.00** Landscape Artist of the Year Canada **4.45** Brad Mehldau: Three Pieces After Bach (G) A performacne by the American jazz musician. **6.00** Being Beethoven **7.00** The Great Pottery Throw Down **8.00** Off Camera: Pamela Adlon **9.00** Christian Hook: Painting the Invisible **9.55** Secrets of the Museum **10.40** Artists & Love **11.10** Put Some Colour in Your Life **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Gold Rush: White Water (M) **9.25** Aussie Gold Hunters (PG) **10.20** Gold Rush: Dave Turin's Lost Mine (PG) **11.15** Heavy Tow Truckers Down Under (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Gold Rush (M) **5.10** Gold Rush: The Dirt (M) **5.40** Aussie Mega Mechanics (PG) **6.35** Aussie Gold Hunters (PG) **7.30** Aussie Lobster Men (PG) **8.30** Heavy Tow Truckers Down Under (PG) **9.30** Last Outpost (PG) **10.30** Railroad Alaska (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.30 Drain the Oceans Best ofs (PG) **7.30** Outback Wrangler Marathon (PG) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Apocalypse: Hitler Takes on the East (M) **4.30** Hitler's Last Stand (M) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** First Alaskans (PG) **8.30** Running Wild with Bear Grylls: The Challenge (PG) **9.30** Primal Survivor: Mighty Mekong (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

7.15 Ancient Apocalypse (PG) **8.20** Time Team **9.25** Around the World by Train with Tony Robinson (PG) **10.25** 9/11: Life Under Attack (PG) **12.15** Ancient Apocalypse (PG) **1.20** Supermarine Spitfire (PG) **2.25** Scorched Earth (PG) **3.25** Tanks **4.30** Line of Fire (PG) **5.30** Digging for Britain (PG) **6.40** Time Team **7.40** Ancient Egypt's Darkest Hours (PG) **8.35** The Engineering That Built the World (PG) **9.30** The Story of Egypt (PG) **10.40** War Wrecks: The Untold Stories (PG) **11.40** The Australian SAS: The Untold History (PG) **12.40am** Programmes continue

BBC Earth SKY 074

6.00 Sacred Wonders (PG) **7.05** Life Below Zero (M) **7.55** Where the Wild Men Are (M) **8.45** Strangest Things (PG) **9.35** Trust Me, I'm a Doctor (M) **10.30** The Dog Rescuers (PG) **11.20** 24 Hours in A&E (M) **12.10** Perfect Planet: The Making of (PG) **12.20** Nature's Great Events (PG) **1.15** Strangest Things (PG) **2.05** Sacred Wonders (PG) **3.10** Operation Arctic with Simon Reeve (PG) **4.05** Trust Me, I'm a Doctor (M) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are: Revisited (PG) **6.50** The Dog Rescuers (M) **7.40** 24 Hours in A&E (PG) **8.30** Life Below Zero (M) **9.25** Where the Wild Men Are (PG) **10.20** Serengeti (PG) **11.25** Operation Arctic with Simon Reeve (PG) **12.20am** Programmes continue

SoHo: Black Monday, 6.50pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Premier League, replay **8.00** Premier League, replay **10.00** National Provincial Championship, Tasman v Taranaki, replay from Trafalgar Park, Nelson **Noon** National Provincial Championship, Canterbury v Northland, replay replay from Orangetheory Stadium, Christchurch **2.00** Farah Palmer Cup, Championship Final, replay **4.00** Farah Palmer Cup, Premiership Final, replay **6.00** Premier League, replay **8.00** SailGP, France, day 2, highlights **8.30** The Crowd Goes Wild **9.30** Gallagher Premiership, round 1 highlights **10.30** Premier League, replay **12.30am** Premier League, replay **2.30** Farah Palmer Cup, Championship Final, highlights **3.00** Gallagher Premiership, round 1 highlights **4.00** Heartland Championship, Poverty Bay v East Coast, replay

Sky Sport 2 SKY 052

6.00 Premier League, replay **8.00** Premier League, replay **10.00** Gallagher Premiership, Gloucester v Wasps, replay **Noon** British Superbikes, replay **1.00** British Superbikes, replay **2.00** World Superbike Championship, round 7, race 1, from Circuit de Nevers Magny-Cours, France, replay **3.30** World Superbike Championship, round 7, race 2, from Circuit de Nevers Magny-Cours, France, replay **5.00** Premier League, replay **7.00** Vuelta a España, stage 21, Las Rozas to Madrid, replay **9.00** SailGP, France, day 1, replay **11.00** SailGP, France, day 2, replay **1.00am** Farah Palmer Cup, Premiership Final, highlights **1.30** Farah Palmer Cup, Championship Final, highlights **2.00** World Superbike Championship, round 7, race 1, replay **3.30** World Superbike Championship, round 7, race 2, replay **5.00** NRL 360

Sky Sport 3 SKY 053

6.00 2011 Australia v Black Caps, 2nd test wrap **8.30** Caribbean Premier League, Guyana Amazon Warriors v St Lucia Kings, highlights **9.00** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, highlights **9.30** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI, highlights **10.00** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI, highlights **10.30** Caribbean Premier League, St Kitts & Nevis Patriots v St Lucia Kings, from Daren Sammy Cricket Ground, Saint Lucia, **live** **2.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, highlights **3.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI, highlights **3.30** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI, replay from Cazalys Stadium, Cairns **11.30** Caribbean Premier League, Jamaica Tallawahs v Trinbago Knight Riders, replay **3.30am** Caribbean Premier League, Guyana Amazon Warriors v St Lucia Kings, replay

Drama: THE GOOD FIGHT

The sixth and final season of *The Good Wife* spin-off is not going gently into that good night. "We're dealing with an upcoming civil war in season six," creators Robert and Michelle King told *Entertainment Weekly*, "and it's more than just a metaphor. There is violence surrounding our law firm that our characters are experiencing. So it felt like, yes, that's the way to bring down the curtain." The Kings have an eye for the absurd, however, with a new outrageous lawyer played by Andre Braugher and lead character Diane Lockhart (the great Christine Baranski) undergoing hallucinogenic therapy.

AMAZON PRIME VIDEO

Documentary: THE ANTHRAX ATTACKS: IN THE SHADOW OF 9/11

The anthrax attacks in the US in 2001 are all but forgotten, but coming a week after the 9/11 attacks, it was feared they were a new wave of terrorism; five people died and 17 were injured. This doco chronicles the massive, and complex, FBI investigation.

NETFLIX

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**)
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**) Sandra continues to push her agenda in the hope that Vinny will crack, Harriet starts to see Dan in a new light, and a dark cloud looms over Mackenzie.
1.00 **Hollyoaks** (PG, **C**, **AD**) Norma puts the pressure on Warren to strike now and get his revenge, but Sienna is becoming suspicious.
1.30 **Fair Go** (R, **C**) Pippa Wetzell and Hadyn Jones present consumer affairs and investigations.
2.00 **The Repair Shop** (G, R, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**) Delta team Regan and Taylor hightail after a violent man absconds from his vehicle.
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Eat Well for Less?** (G, **HD**, **C**, **AD**) UK series in which Chris Bavin and Jordan Banjo help families shop better. Tonight, Chris and Jordan meet a snacking family with different tastes who never eat together. s8ep2
8.40 **Speak No Māori** (PG, **C**, **AD**) Documentary marking the 50th anniversary of the presentation of the Māori language petition on the steps of Parliament that unpacks the history of te reo Māori in Aotearoa.
9.40 **Coronation Street** (PG, **C**, **AD**)
10.40 **1 News** (**HD**, **C**)
11.15 **Shortland Street** (PG, R, **C**, **AD**)
11.45 **Sunday** (R, **C**) Miriama Kamo presents current affairs.
12.45am **Lodgers for Codgers** (M, R, **HD**, **C**, **AD**)
1.35 **Te Karere** (R, **HD**)
2.00 **Infomercials**
5.30 – 6.00 **Te Karere** (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **C**)
8.35 ■ **Sesame Street** (G, R, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills BodyCombat** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (PG, **HD**, **C**)
Noon **Celebrity Treasure Island** (PG, R, **HD**, **C**, **AD**)
1.00 **Aroha Nui: Say I Do** (G, R, **HD**, **C**, **AD**) s1ep3
2.00 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep7
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **C**, **AD**) s31ep15
5.30 **Friends** (G, R, **HD**, **C**) s10ep15
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s7ep8
6.30 **Home and Away** (PG, **C**) Ziggy chases her dreams, and Justin cautions Leah against her overbearing aunt act.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) TK is torn between two loves, Desi hits a crossroad, and Jack mends a bridge and starts a journey.
7.30 **Celebrity Treasure Island** (PG, **HD**, **C**, **AD**, another episode screens tomorrow) The teams have a restless night with heavy winds blowing through their kainga, and at the faceoff, teams fight for a double prize.
8.35 **NCIS: Hawai'i** (M, **HD**, **C**, **AD**) Capt Milius returns to Hawaii for a secret prisoner exchange operation and brings in Jane to be his personal security escort in the Philippines. s1ep21
9.30 **Australian Survivor: Blood v Water** (PG, **HD**, **C**) When one member from the losing tribe is invited to the winning tribe's Reward Challenge treat, it's a long overdue reunion for one cute pair.
11.00 **CSI: Crime Scene Investigation** (M, **HD**, **C**) s6ep1
12.50am ■ **Chapelwaite** (16, **HD**, **C**) s1ep10
1.50 **Emmerdale** (PG, R, **C**, **AD**)
2.10 **Infomercials**
3.10 **The Cube** (G, R, **HD**, **C**)
3.55 **Heroes** (M, R, **HD**, **C**) s3ep7
4.35 **Neighbours** (PG, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **A Date with Danger** (2021, M, R, **C**) Lara Jean Chorostecki.
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **The Block NZ: Redemption** (PG, **C**, another episode screens tomorrow) The Wolf has given the teams a list of fixes they must complete.
8.40 **Kia Ora, Good Evening** (PG, **C**) Documentary in which Mike McRoberts attempts to reclaim a taonga that has been lost to his whānau, the ability to speak te reo Māori.
9.35 ■ **The Diana Investigations** (PG, **C**) UK series about the British and French police investigations into the death of Diana, Princess of Wales. s1ep1
10.30 **Newshub Late**
11.00 **The Hui** (**C**) With Mihingarangi Forbes.
11.40 **Newshub Nation** (R, **C**) With Simon Shepherd and Rebecca Wright.
12.45am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
3.55 **Artefact** (G, R, **C**)
5.00 **WhichCar** (PG, R, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **American Pickers** (PG, R)
8.30 **The Gilded Age** (16, **C**) Bertha goes all-out to impress arbiter of social taste Ward McAllister.
9.40 **Mare of Easttown** (18, **C**) Given a second chance by Chief Carter, Mare re-evaluates old suspects.
10.55 **The Breakdown** (G)
12.00am **The Late Show with Stephen Colbert** (PG)
1.00 – 6.00 **Infomercials**

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.00 **Tribe** (G, R)
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Fusion Feasts** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Our Other Islands** (PG, R)
11.30 **Indigenous 100** (G, R)
Noon **Te Ao Tapatahi**
12.30 ■ **Herbs: Songs of Freedom** (2019, PG, R) Documentary.
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
5.05 **Rags Are Riches** (PG, R)
5.15 **Rediscovering Aotearoa** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 ■ **Up 2** (G) Piri Weepu and Matua Parkinson visit sporting heroes. Today, former Warrior Henry Fa'afili.
7.30 **Karena and Kasey's Kitchen Diplomacy** (G) Old Delhi.
8.00 **Moon Tide Fishing** (PG) Tangaroa-ā-roto, eight days after the full moon.
8.30 **China Wild** (G, R)
9.30 **Wild Kai Legends** (M, R) With Tamati Rimene-Sproat.
10.00 **Michif Country** (G) Ryan McMahon.
10.30 ■ **Piri's Tiki Tour** (PG) Piri Weepu explores Aotearoa.
11.00 – 11.30 Te Ao Mārama (R)

Film: HELMUT NEWTON: THE BAD AND THE BEAUTIFUL

A fascinating film, said the *Guardian*, as it doesn't shy away from questions of misogyny in the famous German photographer's work: indeed, Susan Sontag accuses him of just that in a clip from French TV.
RIALTO, 9.20pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.45 **Snapped: Behind Bars** (M, R)
12.35 **Tattoo Fixers** (M, R)
1.30 **Below Deck** (R)
2.35 **Love It or List It** (PG, R)
3.35 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG, R)
6.30 **Stop Search Seize** (PG, R)
7.30 **Rich Kids, Skint Holidays** (M) UK series in which rich kids go on budget holidays. Tonight, 19-year-old Hattie goes camping.
8.30 **The Real Housewives of Beverly Hills** (M)
9.30 **Below Deck Down Under** (M) The crew throw a vow renewal ceremony for the charter guests.
10.25 **Snapped: Behind Bars** (M, R)
11.25 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
6.55 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Jamie's Super Food** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Joanna Lumley's Unseen Adventures** (PG, R)
1.00 **Alone at Home** (PG, R)
2.00 **Shipping Wars** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **My Cat from Hell** (PG)
4.00 **Islands to Highlands** (G)
5.00 **Mysteries at the Museum** (PG)
6.00 **American Pickers** (PG)
7.00 **Extreme Animal Transport** (PG)
7.30 **It's Me or the Dog UK** (PG)
8.00 **Newshub Live**
8.30 **Luxury for Less** (PG)
9.30 **Escape to the Chateau: DIY**
10.30 **Extreme Animal Transport** (PG, R)
11.00 **It's Me or the Dog UK** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Left for Dead** (PG, R)
9.20 **Man vs. Wild** (PG, R)
10.10 **Naked and Afraid** (M, R)
10.55 **Alaska: The Last Frontier** (PG, R)
11.45 **Tanked** (PG, R)
12.35 **Inside West Coast Customs** (PG, R)
1.20 **Kindig Customs** (PG, R)
2.10 **Street Outlaws: No Prep Kings** (M, R)
3.00 **Wheeler Dealers** (PG, R)
3.50 **Ed Stafford: Left for Dead** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **100 Days Wild** (PG)
8.25 **Edge of Alaska** (PG)
9.20 **Deadliest Catch** (M)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox: Waiata Māori**
11.55 **Two and a Half Men** (M, R, **HD**, **C**) s11ep20
12.20 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.40 **River Monsters** (PG, R, **HD**, **C**)
1.35 **Star Trek Discovery** (PG, **HD**, **C**) s2ep7
2.20 **Hunting Aotearoa** (PG, R, **HD**) s12ep9
2.45 **Heavy Rescue 401** (G, R, **HD**)
3.40 **The Chase Australia** (G, **HD**, **C**)
4.30 **ABC World News** (PG)
4.50 **Abandoned Engineering** (PG, R, **HD**, **C**)
5.45 **30 Rock** (PG, R, **HD**, **C**) s6ep7
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep21
7.05 **Everybody Hates Chris** (G, R, **HD**, **C**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s16ep16
8.30 ■ **Zero Dark Thirty** (2012, 16, **HD**, **C**, **AD**) Based on the near decade-long hunt for Osama bin Laden. Jessica Chastain.
11.20 **Secrets of Playboy** (M, **C**)
12.10am – 12.35 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.50 **Blood Moon** (2020, 16) Megalyn Echikunwoke
8.10 **Pooka!** (2018, 16) Nyasha Hatendi, Latarsha Rose
9.35 **Juniper** (2021, M) Charlotte Rampling, George Ferrier
11.10 **Never Back Down: Revolt** (2021, 16) Olivia Popica
12.40 **Come Play** (2020, M) Azhy Robertson, Gillian Jacobs
2.15 **Six Minutes to Midnight** (2021, M) Eddie Izzard
3.55 **Songbird** (2020, 16) KJ Apa, Sofia Carson
5.20 **The Current Occupant** (2020, 16) Barry Watson, Sonita Henry
6.45 **Every Breath You Take** (2021, 16) A psychiatrist's life is disrupted by the brother of a deceased patient. Casey Affleck, Sam Claflin
8.30 **Georgetown** (2021, 16) Based on the murder of a wealthy Washington DC socialite. Christoph Waltz, Vanessa Redgrave
10.10 **Dune** (2021, M) Timothée Chalamet, Rebecca Ferguson
12.45am Spiral: From the Book of Saw (2021, 18) **2.20** 2 Hearts (2020, M) **4.00** New Year, New You (2018, 16) **5.23** Voyagers (2020, 16)

MOVIES CLASSICS SKY 034

6.00 **Interview with the Vampire** (1994, 16) Brad Pitt
8.00 **The Night of the Generals** (1967, PG) Omar Sharif
10.20 **The Big Country** (1958, G) Gregory Peck, Jean Simmons
1.05 **It's a Mad, Mad, Mad, Mad World** (1963, G) Spencer Tracey, Milton Berle
3.35 **Rock'n'Roll High School** (1979, M) PJ Soles
5.05 **Comanche Station** (1960, M) Randolph Scott, Nancy Gates
6.20 **The Remains of the Day** (1993, PG) A butler realises too late that his loyalty has been misguided. Anthony Hopkins, Emma Thompson
8.30 **Rain Man** (1988, M) After the death of his father, an ambitious yuppie discovers he has an autistic brother. Dustin Hoffman, Tom Cruise
10.45 **Natural Born Killers** (1994, 18) Woody Harrelson, Juliet Lewis
12.40am The Big Gundown (1967, M) **2.10** Robinson Crusoe (1954, G) **3.40** The Sailor Who Fell from Grace with the Sea (1976, 18) **5.25** The Last Picture Show (1971, M)

RIALTO SKY 039

6.35 **Rare Beasts** (2019, 16) Billie Piper, Kerry Fox
8.10 **In the Shadow of 9/11** (2021, 16) US documentary.
9.50 **War of the Worlds** (M) s2ep1
10.40 **Song for Serbia** (2021, PG) Lawrence Wharerau
10.50 **The Accidental President** (2020, M) US documentary.
12.40 **The Artist's Wife** (2019, M) Lena Olin, Bruce Dern
2.15 **Big Deal** (2021, M) Australian documentary.
4.00 **Cowboys** (2020, M) Steve Zahn, Jillian Bell
5.25 **June Again** (2020, M) Noni Hazlehurst
7.05 **Some Kind of Heaven** (2020, M) US documentary.
8.30 **War of the Worlds** (M) Bill is increasingly perturbed by the similarities between Emily and the aliens. s2ep2
9.20 **Helmut Newton: The Bad and the Beautiful** (2020, M) German documentary about the great photographer.
10.55 **Prisoners of the Ghostland** (2021, 16) Nicolas Cage
12.35am Red Light (16) s1ep3&4 **2.15** Cowboys (2020, M) **3.40** The Artist's Wife (2019, M) **5.15** June Again (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s6ep2 **6.50** The Closer (M) s6ep2 **7.40** The Mysteries of Laura (M) **8.30** The Good Wife (M) s2ep12 **9.20** Covert Affairs (M) s3ep8 **10.10** Judge Judy (PG) **11.00** The Closer (M) s6ep2 **Noon** 2022 74th Primetime Emmy Awards (PG) Kenan Thompson presents the Emmy Awards live from the Microsoft Theater in Downtown Los Angeles. **3.35** The Mysteries of Laura (M) **4.20** The Good Wife (M) s2ep12 **5.05** Judge Judy (PG) **5.45** Parenthood (M) s6ep2 **6.30** Covert Affairs (M) s3ep8 **7.30** 2022 74th Primetime Emmy Awards (PG) Kenan Thompson presents the Emmy Awards from the Microsoft Theater in Downtown Los Angeles. **10.15** The Good Wife (M) s2ep12 **11.15** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s3ep4 **10.05** Father Brown (PG) s5ep2 **10.55** Doc Martin (M) s4ep3 **11.45** Midsomer Murders (M) s5ep1 **1.30** The Bill (M) **2.20** New Tricks (M) s9ep6 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s25ep13 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep7 **8.35** Heartbeat (M) Joe, Rachel and Carol find what they were looking for in Australia. s18ep12 **9.30** The Mallorca Files (PG) s1ep1 **10.25** Doc Martin (M) s6ep3 **11.20** Midsomer Murders (M) s5ep1 **1.05am** Programmes continue

SoHo SKY 010

7.35 Get Shorty (16) s3ep5 **8.35** Last Week Tonight with John Oliver (M) s9ep22 **9.10** Mystery Road (16) s2ep final **10.05** What We Do in the Shadows (16) s4ep4 **10.35** House of the Dragon (18) s1ep4 **Noon** City on a Hill (16) s3ep6 **1.00** I Hate Suzie (M) s1ep final **1.45** Black Monday (16) s2ep9 **2.15** ■ Bad Education (2019, 16) Hugh Jackman. **4.00** Last Week Tonight with John Oliver (M) s9ep22 **4.35** Our Cartoon President (16) s3ep1 **5.05** A Million Little Things (M) s2ep8&9 **6.30** I Know This Much Is True (16) s1ep1 **7.30** Dublin Murders (16) s1ep2 **8.30** Yellowstone (16) s4ep3 **9.30** Industry (16) s2ep2 **10.30** The New Pope (16) s1ep3 **11.30** Lovecraft Country (18) s1ep3 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** The Great Hotel Escape (PG) **10.00** Selling Houses Australia (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Grand Designs New Zealand (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Selling Houses Australia (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Salvage Hunters (PG) **9.30** Grand Designs UK (PG) **10.30** Escape to the Country (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** Murder in the Heartland (M) **7.45** Who Killed the Lyon Sisters? (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Heart of Darkness (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** Where Murder Lies (M) **6.35** Evil Lives Here (M) **7.30** People Magazine Investigates (M) **9.30** Unseamly: The Investigation of Peter Nygård (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.40 Artists & Love **7.10** Put Some Colour in Your Life **8.00** Landscape Artist of the Year Canada **8.45** Brad Mehldau: Three Pieces After Bach **10.00** Being Beethoven **11.00** The Great Pottery Throw Down **Noon** Off Camera **1.00** Christian Hook: Painting the Invisible **1.55** Secrets of the Museum **2.40** Artists & Love **3.10** Put Some Colour in Your Life **4.00** ■ Ressaca (2020, G) Documentary about a community of dancers in Rio de Janeiro. **5.30** Put Some Colour in Your Life **6.00** The Dark Side of Renaissance **7.00** Stars of the Silver Screen: Albert Finney **7.45** Bonsai (G) Documentary following three Bonsai practitioners. **8.15** ■ Vinyl Nation (2020, G) Documentary about the resurgence of vinyl records. **9.50** Daniel Day-Lewis: The Hollywood Genius **10.45** Rice (G) Ballet created by Lin Hwai-min. **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Mega Shippers (PG) **9.25** Fast N' Loud (PG) **10.20** Heavy Tow Truckers Down Under (PG) **11.15** Gold Rush: Dave Turin's Lost Mine (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (M) **5.40** Demolition Down Under (PG) **6.35** Outback Opal Hunters (PG) **7.30** Aussie Gold Hunters (PG) **8.30** Strange Evidence (PG) **9.30** What on Earth? (PG) **10.30** Blowing Up History (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** César Millan: Better Human, Better Dog (PG) **7.30** First Alaskans (PG) **8.30** Running Wild with Bear Grylls: The Challenge (PG) **9.30** Primal Survivor: Mighty Mekong (PG) **10.30** Drain the Oceans Best ofs (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Narco Wars: Chasing the Dragon (16) **3.30** Banged Up Abroad (M) **4.30** César Millan: Better Human, Better Dog (PG) **5.30** First Alaskans (PG) **6.30** Running Wild with Bear Grylls: The Challenge (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.20 The Story of Egypt (PG) **7.30** War Wrecks: The Untold Stories (PG) **8.30** Time Team **9.30** Digging for Britain (PG) **10.40** Time Team **11.40** Ancient Egypt's Darkest Hours (PG) **12.35** The Engineering That Built the World (PG) **1.30** Battlefield (PG) **3.30** Tanks **4.30** Line of Fire (PG) **5.30** River Hunters (PG) **6.30** Time Team **7.30** Abraham Lincoln (PG) **9.30** Hadrian with Dan Snow (PG) Dan Snow follows the travels of the Roman Emperor Hadrian. **10.40** Race to Victory (PG) **11.35** Secrets of the Railways (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Humpback Whales: A Detective Story (PG) **7.05** Life Below Zero (M) **7.55** Where the Wild Men Are: Revisited (PG) **8.45** Strangest Things (PG) **9.35** Trust Me, I'm a Doctor (PG) **10.30** The Dog Rescuers with Alan Davies (M) **11.15** 24 Hours in A&E (PG) **12.05** Perfect Planet: The Making of (PG) **12.15** Serengeti (PG) **1.20** Strangest Things (PG) **2.10** Humpback Whales: A Detective Story (PG) **3.10** Operation Arctic with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are: Revisited (PG) **6.50** The Dog Rescuers with Alan Davies (M) **7.40** 24 Hours in A&E (PG) **8.30** Meet the Hedgehogs (PG) **9.25** Louis Theroux: Law & Disorder in Philadelphia (M) **10.30** Serengeti (PG) **11.35** Operation Arctic with Simon Reeve (PG) **12.30am** Programmes continue

National Geographic: Outback Wrangler, 9.00pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 Farah Palmer Cup, Premiership Final **6.30** Premier League, highlights **6.45** Premier League, highlights **7.00** Gallagher Premiership, Exeter Chiefs v Leicester Tigers, replay **9.00** NPC, North Harbour v Bay of Plenty, replay **11.00** NPC/ Ranfurly Shield, Hawke's Bay v Southland, replay **1.00** Premier League, replay **3.00** SailGP, France, day 1 **3.30** SailGP, France, day 2 **4.00** NPC/ Ranfurly Shield, Hawke's Bay v Southland **4.15** NPC, North Harbour v Bay of Plenty **4.30** 1st XV Rugby, National Girls Championship Final **6.15** 1st XV Rugby, National Boys Championship Final **8.00** Sky Speed **8.30** Aotearoa Rugby Pod **9.00** National Provincial Championship/Ranfurly Shield, Hawke's Bay v Southland **9.15** National Provincial Championship, North Harbour v Bay of Plenty **9.30** The Back Page **10.30** Rugby Nation **11.00** National Provincial Championship, Canterbury v Northland, replay **1.00am** Gallagher Premiership, replay **3.00** Gallagher Premiership, replay **5.00** NPC, Wellington v Otago, replay

Sky Sport 2 SKY 052

6.00 National Provincial Championship, Tasman v Taranaki, replay **8.00** Premier League, replay **10.00** Premier League, replay **Noon** Premier League, replay **2.00** Premier League, replay **4.00** SailGP, France, day 1, replay **6.00** Premier League, replay **8.00** National Provincial Championship, Tasman v Taranaki, replay **10.00** SailGP, France, day 2, replay **12.00am** Rugby Nation **12.30** Aotearoa Rugby Pod **1.00** Aotearoa Rugby Pod **1.30** NRL Try Time **2.30** NPC, Canterbury v Northland, replay **4.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **5.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **5.30** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI

Sky Sport 3 SKY 053

7.30 Caribbean Premier League, Barbados Royals v Jamaica Tallawahs, replay **11.30** Caribbean Premier League, St Kitts & Nevis Patriots v St Lucia Kings, replay **3.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **4.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **4.30** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **5.00** CPL, Jamaica Tallawahs v Trinbago Knight Riders **5.30** CPL, Guyana Amazon Warriors v St Lucia Kings **6.00** CPL, Barbados Royals v Jamaica Tallawahs **6.30** CPL, St Kitts & Nevis Patriots v St Lucia Kings **7.00** Chappell-Hadlee Series, Australia v Black Caps, 1st OD **7.30** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **8.00** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **8.30** CPL, St Kitts & Nevis Patriots v St Lucia Kings, replay **12.30am** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI, replay

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson, Indira Stewart and the Breakfast team present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Hollyoaks** (PG, **C**, **AD**) Warren puts a hit out on Sienna, and Eric warns his sister to stay away from Cindy.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**)
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **Beat the Chasers** (G, **C**) Bradley Walsh presents a UK quiz show in which the Chasers compete as a team, challenging contestants to play against them for cash prizes (includes Lotto at 8.20pm).
8.30 **George Clarke's Flipping Fast** (G, **HD**, **C**, **AD**) George Clarke presents a UK realty series. Tonight, in the battle to be the first to flip a second property, early leader Harriet plans a super-quick makeover in Bolton, but it's the end of the road for one team. s1ep4
9.35 **Coronation Street** (PG, **C**, **AD**)
10.35 **1 News** (**HD**, **C**)
11.05 **Shortland Street** (PG, R, **C**, **AD**) TK comes face-to-face with a mystery woman, Desi blurs boundaries, and Monique mourns her loss.
11.35 ■ **Good Sam** (M, **HD**, **C**) US medical drama series. Tonight, just as gifted surgeon Sam Griffith is about to take over as chief of surgery at Lakeshore Sentinel Hospital, her father, the former chief, emerges from his coma. s1ep1
12.30am **Under the Dome** (M, **C**) s2ep6
1.15 **Te Karere** (R, **HD**)
1.40 **Infomercials**
5.35 – 6.00 **Te Karere** (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

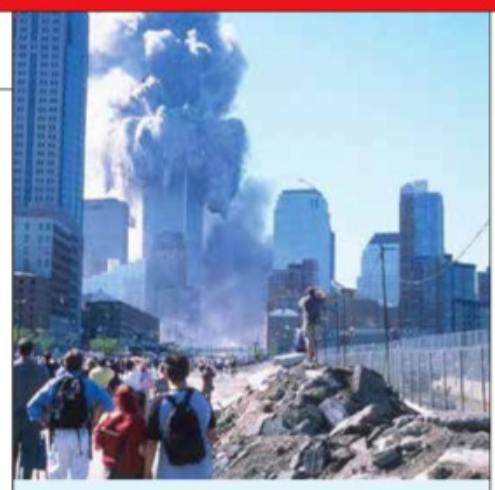
6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills BodyAttack** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (M, **HD**, **C**)
Noon **Celebrity Treasure Island** (PG, R, **HD**, **C**, **AD**)
1.00 **Aroha Nui: Say I Do** (G, R, **HD**, **C**, **AD**) s1ep5
2.00 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep8
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s31ep16
5.30 **Friends** (G, R, **HD**, **C**) s10ep16
6.00 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s7ep9
6.30 **Home and Away** (PG, **C**) Remi's charm may be wearing off, Theo no longer wants to be Kirby's secret, and Bree makes a friend.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) TK comes face to face with a mystery woman, Desi blurs boundaries, and Monique mourns her loss.
7.30 **Celebrity Treasure Island** (PG, **HD**, **C**, **AD**) While Kauri is called upon for a charity challenge, the alliance between Mike, Mel and Alex starts to shift, and at the elimination arena, Mike sets off a grenade!
8.30 ■ **Fool's Gold** (2008, M, R, **HD**, **C**, **AD**) An estranged couple rekindle their romance when they discover a clue to a long-lost treasure. Matthew McConaughey, Kate Hudson, Donald Sutherland, Ewen Bremner, Ray Winstone. **TV Films, page 69**
10.45 **Girls5eva** (M, **HD**, **C**, **AD**) Dawn has doubts about her son entering the business, and Wickie assumes the role of Girls5eva's publicist. s2ep3
11.50 **Have You Been Paying Attention?** (R, **C**)
12.45am **Guilty Party** (16, **HD**, **C**) s1ep2
1.15 **Rutherford Falls** (M, **HD**, **C**) s1ep2
1.45 **Emmerdale** (PG, R, **C**, **AD**)
2.10 **Infomercials**
3.10 **The Cube** (G, R, **HD**, **C**)
3.55 **Heroes** (M, R, **C**) s3ep8
4.35 **Neighbours** (G, R, **HD**, **C**)
5.00 – 6.00 **Infomercials**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon **Ready to Love** (M, **C**)
1.00 ■ **Deadly Mom Retreat** (2021, M, R) Christina Cox, Lara Amersey, Chris Violette.
2.55 **Outrageous Acts of Science** (PG, **C**)
3.55 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **The Block NZ: Redemption** (PG, **C**) It's a race to the finish to get do-over spaces ready for the judges.
8.40 **David Lomas Investigates** (PG, **C**) David Lomas reconnects family members. Tonight, Maria of Nelson was adopted, while Tracy in Queensland gave up her son for adoption.
9.40 **Million Dollar Murders** (16, **C**) Deb Wallace hosts an Australian series featuring unsolved crimes with $1m rewards. Tonight, Kevin Pearce was shot at a freight distribution centre in Bendigo in 1985.
10.45 **Newshub Late**
11.15 **NRL Try Time** Lara Pitt showcases the best tries from the week's NRL action.
12.25am **Infomercials**
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.05 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show** (PG, R)
3.00 **Wheel of Fortune** (G)
3.25 **Jeopardy** (G)
3.50 **Artefact** (G, R, **C**)
4.55 **The Hui** (G, **C**)
5.30 **Prime News**
6.00 **Sky Speed** (G)
6.30 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **Traffic Cops** (PG, **C**)
8.30 **The Red Stag Timber Hunters Club** (M, **C**)
9.40 **What Happened on September 11** (M, **C**) Documentary.
10.15 **In the Shadow of the Towers** (M, **C**) Documentary.
10.50 **The Late Show with Stephen Colbert** (PG)
11.50 **World's Most Unexplained** (M, R, **C**)
12.30 – 6.00 **Infomercials**



Documentary: WHAT HAPPENED ON SEPTEMBER 11 and IN THE SHADOW OF THE TOWERS

Two short documentaries, both directed by Amy Schatz, that focus on kids. *What Happened on September 11* was released in 2019, 18 years after the attacks on the Twin Towers in New York, and is particularly aimed at 7- to 12-year-olds. Shatz says she was inspired to make something age-appropriate when a girl in third grade told her of a playdate where she and a friend googled "September 11 attacks". *In the Shadow of the Towers* features students from Stuyvesant High School, a few blocks away from the towers.

PRIME, 9.40pm and 10.15pm

Drama: GOOD SAM

Come for the performances, but don't get too attached; *Good Sam* was cancelled after one season. Jason Isaacs and Sophia Bush have fun as a father and daughter whose roles are reversed at the hospital where they work: in a twist of fate, she becomes his boss. Cue arrogant behaviour and head-butting.

TVNZ 1, 11.35pm and TVNZ+

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Karena and Kasey's Kitchen Diplomacy** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Piri's Tiki Tour** (PG, R)
11.30 **Moon Tide Fishing** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Piri's Tiki Tour** (PG, R)
1.00 **China Wild** (G, R)
2.00 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
5.05 **Rags Are Riches** (PG, R)
5.15 **Rediscovering Aotearoa** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 **Lifted** (G) Riapo Panapa reveals the stories and creative processes behind top Kiwi tracks.
7.30 **Matariki i te Pō** (PG, R) Maisey Rika performs waiata for Matariki i te pō.
8.30 **Mahana** (2016, M, R) In the 1960s, a patriarch tries to keep control of his family amid a bitter feud with a neighbouring family. Temuera Morrison, Nancy Brunning, Akuhata Keefe.
TV Films, page 69
10.30 **Sidewalk Karaoke** (G, R)
11.00 – 11.30 **Te Ao Mārama** (R)

Film: DIRTY TRICKS

A doco about a scandal in the world of elite competitive bridge that exposes, as the *Hollywood Reporter* quipped, "that the world of elite competitive bridge exists". Daniel Sivan keeps things jaunty as he covers accusations of cheating against the sport's rock star, Lotan Fisher.
RIALTO, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.45 **Snapped: Behind Bars** (M, R)
12.35 **Tattoo Fixers** (M, R)
1.35 **Below Deck** (R) s3ep9
2.35 **Love It or List It** (PG, R)
3.35 **Top Chef** (PG)
4.35 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG, R)
6.30 **Stop Search Seize** (PG, R)
7.30 **999 What's Your Emergency?** (M) The fallout from a hidden housing crisis.
8.30 **999 What's Your Emergency?** (M) As Covid begins, officers assist two victims of domestic abuse.
9.30 **911 Crisis Center** (M) A caller reports he was carjacked at gunpoint.
10.00 **Snapped: Behind Bars** (M, R)
11.00 **#Killerpost** (M, R)
11.50 **The Circus** (PG, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Islands to Highlands** (G, R)
9.00 **Museum Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Escape to the Chateau** (G, R)
1.00 **Luxury for Less** (PG, R)
2.00 **Extreme Animal Transport** (PG, R)
2.30 **It's Me or the Dog UK** (PG, R)
3.00 **My Cat from Hell** (PG, R)
4.00 **Giada in Italy** (G)
4.30 **Nigella: At My Table** (G)
5.00 **Mysteries at the Monument**
6.00 **American Pickers** (PG)
7.00 **Shipping Wars** (PG)
7.30 **Border Security Aus** (PG)
8.00 **Newshub Live**
8.30 **Where the Wild Men Are** (M)
9.30 **Travel Man's Greatest Trips** (PG)
10.30 **Shipping Wars** (PG, R)
11.00 **Border Security Aus** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **100 Days Wild** (PG, R)
9.20 **Edge of Alaska** (PG, R)
10.10 **Deadliest Catch** (M, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Expedition Mungo** (PG, R)
1.30 **Expedition Unknown** (PG, R)
2.20 **NASA's Unexplained Files** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **100 Days Wild** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.40 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Building Off the Grid: Rocky Mountains** (PG)
8.25 **Building Alaska** (G)
9.20 **Homestead Rescue** (PG)
10.15 **Alaska: The Last Frontier** (PG)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox: Waiata Māori**
11.45 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep21
12.05 **Everybody Hates Chris** (G, R, **HD**, **C**)
12.30 **River Monsters** (PG, R, **HD**, **C**)
1.25 **Star Trek Discovery** (M, **HD**, **C**) s2ep8
2.20 **Hunting Aotearoa** (PG, R, **HD**) s12ep10
2.50 **Heavy Rescue 401** (G, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.30 **ABC World News** (PG)
4.50 **Abandoned Engineering** (PG, R, **HD**, **C**)
5.45 **30 Rock** (PG, R, **HD**, **C**) s6ep9
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep22
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**) s16ep18
8.30 **Police: Hour of Duty** (16, **HD**) s2ep5
9.30 **Disasters Engineered** (PG, **HD**) Earthquakes. s2ep4
10.30 **Megashippers: Land, Air and Sea** (G, R, **HD**, **C**, **AD**)
11.30 **Grimm** (16, **HD**)
1.00am – 1.20 ABC World News (PG, R)

SKY PREMIERE SKY 030

7.10 **F9: The Fast Saga** (2021, M) Vin Diesel
9.30 **Death of a Telemarketer** (2021, M) Lamorne Morris
11.00 **The Devil Has a Name** (2021, 16) Kate Bosworth
12.35 **Locked Down** (2021, M) Anne Hathaway
2.30 **Venom: Let There Be Carnage** (2021, M) Tom Hardy, Woody Harrelson
4.05 **A Nasty Piece of Work** (2019, 16) Kyle Howard, Julian Sands
5.20 **Joe Bell** (2020, M) Mark Wahlberg, Connie Britton
6.55 **Lake Placid: Legacy** (2018, 16) Katherine Barrell
8.30 **Together** (2021, M) A married couple are forced to re-evaluate their relationship during a lockdown. James McAvoy, Sharon Horgan
TV Films, page 69
10.05 **Bisping: The Michael Bisping Story** (2021, 16) Documentary about the British MMA fighter.
11.55 **Charm City Kings** (2020, 16) Jahi Di'Allo Winston
1.55am The Little Things (2021, M) **4.05** Promising Young Woman (2020, 18)

MOVIES CLASSICS SKY 034

7.30 **The House That Dripped Blood** (1971, M) Christopher Lee, Peter Cushing
9.10 **Gilda** (1946, PG) Glenn Ford, Rita Hayworth
11.00 **Bonnie and Clyde** (1967, M) Warren Beatty
12.50 **Heat** (1995, 16) Al Pacino, Robert De Niro
3.35 **Bite the Bullet** (1975, PG) Gene Hackman
5.42 **China Girl** (1987, 18) Richard Panebianco, Sari Chang
7.10 **The Dead** (1987, PG) At a party in Dublin in 1904, an academic discovers his wife still has feelings for a deceased boy from her youth. Anjelica Huston, Donal McCann
8.30 **King Rat** (1965, PG) During World War II, a group of American, English and Australian soldiers struggle to survive in a POW camp. George Segal, Tom Courtenay
10.45 **Fail Safe** (1964, PG) Henry Fonda, Walter Matthau
12.35am Cat Ballou (1965, PG) **2.10** Bonnie and Clyde (1967, M) **4.00** Bye Bye Birdie (1963, PG) **5.50** Young Winston (1972, G)

RIALTO SKY 039

6.55 **Some Kind of Heaven** (2020, M) US documentary.
8.20 **War of the Worlds** (M) s2ep2
9.10 **Helmut Newton: The Bad and the Beautiful** (2020, M) German documentary.
10.45 **Cowboys** (2020, M) Steve Zahn, Jillian Bell
12.10 **Spaceship Earth** (2020, M) US documentary.
2.05 **Lapsis** (2020, PG) Dean Imperial
3.50 **The Crimson Rivers: The Last Hunt** (16) French crime series.
5.30 **Grain: The Analog Renaissance** (2021, M) US documentary.
6.55 **The Rose Maker** (2020, M) When times get tough, a rose grower is forced to hire three workers. Catherine Frot
8.30 **Dirty Tricks** (2021, M) Israeli documentary about a scandal in the bridge-playing community.
10.15 **My Zoe** (2019, M) Julie Delpy
11.55 **Sirens** (1994, 16) Sam Neill, Hugh Grant
1.30am Red Light (16) s1ep5&6 **3.10** Spaceship Earth (2020, M) **5.05** Lapsis (2020, PG)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s6ep3 **6.50** The Closer (M) s6ep3 **7.40** Major Crimes (M) s1ep1 **8.30** The Good Wife (M) s2ep13 **9.20** Covert Affairs (M) s3ep9 **10.10** Judge Judy (PG) **11.10** 2022 74th Primetime Emmy Awards (PG) **2.00** The Closer (M) s6ep3 **2.50** Major Crimes (M) s1ep1 **3.40** The Good Wife (M) s2ep13 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s6ep3 **6.30** Covert Affairs (M) s3ep9 **7.30** Frayed (M) s2ep2 **8.30** Julia (M) Julia tasks Paul and Judith with cracking the art of baking French bread. s1ep6 **9.30** Our Girl (16) Georgie reels after hearing news that Abu Jasser may still be alive. s2ep4 **10.30** The Good Wife (M) s2ep13 **11.20** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s4ep1 **10.10** Father Brown (PG) s5ep3 **11.00** Doc Martin (M) s4ep4 **11.50** Midsomer Murders (M) s5ep2 **1.35** The Bill (M) **2.25** New Tricks (M) s9ep7 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s26ep1 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep8 **8.30** Grantchester (PG) Will and Geordie are given the run around by two elderly residents who have gone missing and are suspected of involvement in a crime. s7ep5 **9.25** Holby City (M) Dominic faces his difficult past when he goes head to head with his abusive ex. s21ep21 **10.30** Keeping Faith (M) s3ep3 **11.35** Midsomer Murders (M) s5ep2 **1.20am** Programmes continue

SoHo SKY 010

6.15 Strike Back (18) s7ep1 **7.05** I Know This Much Is True (16) s1ep1 **8.05** Dublin Murders (16) s1ep2 **9.05** Yellowstone (16) s4ep3 **9.55** Industry (16) s2ep2 **10.55** The New Pope (16) s1ep3 **11.50** Lovecraft Country (18) s1ep3 **12.50** Strike Back (18) s7ep1 **1.40** Dublin Murders (16) s1ep2 **2.40** Yellowstone (16) s4ep3 **3.30** Industry (16) s2ep2 **4.30** Our Cartoon President (16) s3ep2 **5.00** A Million Little Things (M) s2ep10&11 **6.30** House of the Dragon (18) s1ep4 **7.30** The Great (M) As the war with Sweden continues to rage, Catherine and Aunt Elizabeth visit the military at the Russian front. s1ep5 **8.30** American Gigolo (16) After 15 years in prison for a murder he didn't commit, Julian Kaye attempts to pick up the pieces. s1ep1 **9.30** Jerrod Carmichael: Rothaniel (16) Comedy special. **10.30** Real Time with Bill Maher (M) s20ep26 **11.30** What We Do in the Shadows (16) s4ep4 **12.00am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Grand Designs UK (PG) **10.00** Salvage Hunters (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Escape to the Country (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Salvage Hunters (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** The Great Garden Revolution (PG) **9.30** Gardening Australia (PG) **10.30** Miriam and Alan: Lost in Scotland (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Who Killed the Lyon Sisters? (M) **7.45** Crimes Gone Viral (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Heart of Darkness (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Six Degrees of Murder (M) **5.40** People Magazine Investigates (M) **6.35** Reasonable Doubt (M) **7.30** Evil Lives Here (M) **8.30** True Conviction (M) **9.30** Deadline: Crime with Tamron Hall (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.45 Rice **8.00** ■ Ressaca (2020, G) **9.30** Put Some Colour in Your Life **10.00** The Dark Side of Renaissance **11.00** Stars of the Silver Screen **11.45** Bonsai **12.15** ■ Vinyl Nation (2020, G) **1.50** Daniel Day-Lewis: The Hollywood Genius **2.45** Rice **4.00** Shanghai Symphony Orchestra in Lucerne **4.55** Sonya Yoncheva & Vittorio Grigolo at Arena di Verona **6.45** Mozart in Paris **8.15** LSO: Simon Rattle Conducts Kurt Weill **9.45** Eine Alpensinfonie with Reinhold Messner **10.45** RCO: Klaus Mäkelä Conducts Beethoven & Debussy **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Mega Shippers (PG) **9.25** Fast N' Loud (M) **10.20** Strange Evidence (PG) **11.15** What on Earth? (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (M) **5.40** Demolition Down Under (PG) **6.35** Dirty Jobs: Rowe'd Trip (M) **7.30** Heavy Tow Truckers Down Under (PG) **8.30** Aussie Salvage Squad (PG) **9.30** Moonshiners (M) **10.30** Naked and Afraid XL (M) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Running Wild with Bear Grylls: The Challenge (PG) **7.30** Last of the Giants: Wild Fish (PG) **8.30** Aussie Snake Wranglers (PG) **9.00** Outback Wrangler (PG) **9.30** Wicked Tuna (PG) **10.30** Narco Wars: Chasing the Dragon (16) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Wicked Tuna (PG) **3.30** Aussie Snake Wranglers (PG) **4.00** Outback Wrangler (PG) **4.30** Lost Treasures of Egypt (PG) **5.30** King Tut in Color (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** Air Crash Investigation: Special Report (M) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** César Millan: Better Human, Better Dog (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.25 Hadrian with Dan Snow (PG) **7.35** Race to Victory (PG) **8.30** Time Team **9.30** River Hunters (PG) **10.30** Time Team **11.30** Abraham Lincoln (PG) **1.30** Battlefield (PG) **3.30** Tanks **4.30** Vickers Wellington (PG) **5.35** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** The Abyss: The Rise & Fall of the Nazis (16) **8.40** Abandoned Engineering (PG) **9.35** Nefertiti: The Lonely Queen **10.35** Titanic: Stories from the Deep (PG) **11.30** Nazi War Machines: Secrets Uncovered (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Nature's Miniature Miracles (PG) **6.55** Life Below Zero (M) **7.45** Where the Wild Men Are: Revisited (PG) **8.35** Strangest Things (PG) **9.25** Trust Me, I'm a Doctor (PG) **10.20** The Dog Rescuers with Alan Davies (M) **11.05** 24 Hours in A&E (PG) **11.55** Attenborough's Natural Curiosities (PG) **12.20** Serengeti (PG) **1.25** Strangest Things (PG) **2.15** Nature's Miniature Miracles (PG) **3.10** Australia with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are: Revisited (M) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Animal Impossible (PG) **9.30** Great Barrier Reef (PG) **10.30** Serengeti (PG) **11.30** Australia with Simon Reeve (PG) **12.35am** Programmes continue

BBC UKTV: Holby City, 9.25pm

SKY SPORT

Sky Sport 1 SKY 051

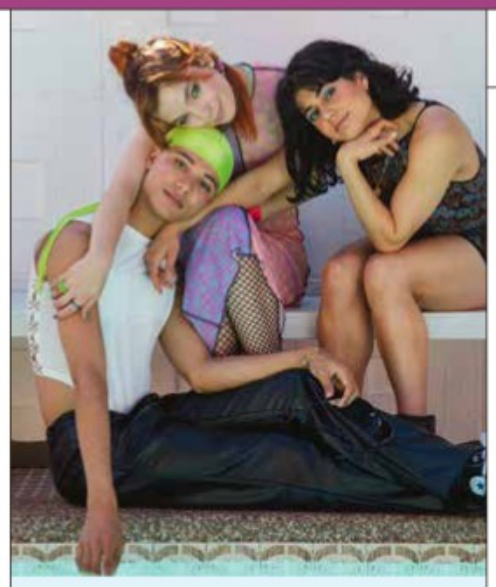
7.00 1st XV Rugby, National Boys Championship Final **8.45** 1st XV Rugby, National Girls Championship Final **10.30** SailGP, France, highlights **11.00** NPC, North Harbour v Bay of Plenty **1.00** Farah Palmer Cup, Premiership Final **3.00** Farah Palmer Cup, Championship Final **5.00** NPC/Ranfurly Shield, Hawke's Bay v Southland, replay **7.00** NPC, Waikato v Southland, **live** **9.00** Gallagher Premiership, replay **11.00** Rugby, Gallagher Premiership, replay **1.00am** NPC/Ranfurly Shield, Hawke's Bay v Southland, replay **3.00** The Breakdown **4.00** Gallagher Premiership, replay

Sky Sport 2 SKY 052

6.00 The Back Page **7.00** NRL Try Time **8.00** Aotearoa Rugby Pod **8.30** Sky Speed **9.00** The Back Page **10.00** 1st XV Rugby, National Girls Championship Final **Noon** SailGP, France, highlights **12.30** The Back Page **1.30** NPC, North Harbour v Bay of Plenty, replay **3.30** Nascar, Hollywood Casino 400 **4.30** Matty Johns Face to Face **5.00** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **5.30** SailGP, France, highlights **6.00** Farah Palmer Cup, Premiership Final **8.00** Premier League Match of the Week **10.00** The Back Page **11.00** NPC/Ranfurly Shield, Hawke's Bay v Southland **1.00am** The Ditch **1.30** Once a Warrior with Monty Betham **2.00** NRL Try Time **3.00** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **3.30** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **4.00** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **4.30** Nascar, Hollywood Casino 400 **5.30** Matty Johns: Face to Face

Sky Sport 3 SKY 053

8.30 Caribbean Premier League, Jamaica Tallawahs v Trinbago Knight Riders **9.00** CPL, Guyana Amazon Warriors v St Lucia Kings **9.30** CPL, Barbados Royals v Jamaica Tallawahs **10.00** CPL, St Kitts & Nevis Patriots v St Lucia Kings **10.30** Caribbean Premier League, Barbados Royals v Trinbago Knight Riders, **live** **2.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **3.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **3.30** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **4.00** Women's CPL, final, replay **7.30** Caribbean Premier League, Barbados Royals v Trinbago Knight Riders, replay **11.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI **12.00am** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI **12.30** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **1.00** CPL, Barbados Royals v Trinbago Knight Riders **1.30** CPL, Jamaica Tallawahs v St Kitts & Nevis Patriots, **live** **5.45** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, highlights



Drama: HEARTBREAK HIGH

The beloved Aussie series, which ran for nine seasons from 1994, gets an update. The original was ground-breaking for its exploration of every taboo subject, but there's sure to be plenty of new challenges for the teens of Hartley High, although we really hope it's not an Australian *Euphoria*. There's more diversity in the cast this time around, including an autistic girl, a Bundjalung boy, queer kids and even a drug dealer with a mullet. The show focuses on Amerie (Ayesha Madon), whose rebellion makes her the school pariah. Rachel House plays the school principal.
NETFLIX

Fantasy: VAMPIRE ACADEMY

More YA fun from *The Vampire Diaries*' Julie Plec and Marguerite MacIntyre. The series is based on the novels by Richelle Mead about vampires at a boarding school called (what else?) St Vladimir's and also the tensions between the stratas of vampire society.
TVNZ+

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson, Indira Stewart and the Breakfast team present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Hollyoaks** (PG, **C**, **AD**) A hired hitman confuses Liberty with Sienna, Scott butts heads with Vicky's boyfriend, and Yazz gets the wrong end of the stick.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (G, R, **HD**, **C**, **AD**)
5.00 **The Chase** (G, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **The Great Kiwi Bake Off** (PG, **C**, **AD**) Hayley Sproull and Pax Assadi host a baking competition series, with judges Peter Gordon and Jordan Rondel. Tonight, in dessert week, baked or set cheesecakes set the tone, and a mystery technical bake stuns even the best of bakers. s4ep4
9.00 **Hard Quiz** (M, **HD**, **C**) Tom Gleeson hosts an Australian quiz show. Tonight, contestants' topics are The Big Bang Theory, the Jonestown cult, rock band Queen, and Tintin.
9.35 **Coronation Street** (PG, **C**, **AD**)
10.35 **1 News** (**HD**, **C**)
11.05 **Shortland Street** (PG, R, **C**, **AD**) Vili faces a life and death situation, Maeve's trust in Wilder proves misplaced, and TK learns a shocking truth about his origins.
11.35 **For Life** (M, **HD**, **C**) US legal drama series. Tonight, Aaron bolsters his case with new-found information from Marie, but is torn between two worlds when Cassius suspects Aaron is a snitch and seeks retribution. s1ep11
12.30am 20/20 (R, **C**) With Carolyn Robinson.
1.20 **Te Karere** (R, **HD**)
1.45 **Infomercials**
5.35 – 6.00 Te Karere (R, **HD**)

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Robin Hood: Mischief in Sherwood** (G, R, **HD**, **C**)
7.25 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.50 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.35 **Sesame Street** (G, **HD**, **C**)
9.00 **Bluey** (G, R, **HD**, **C**)
9.05 **Infomercials**
9.35 **Les Mills Core** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (M, **HD**, **C**)
Noon **Celebrity Treasure Island** (PG, R, **HD**, **C**, **AD**)
1.00 ■ **Aroha Nui: Say I Do** (G, R, **HD**, **C**, **AD**) s1ep7
2.00 **The Drew Barrymore Show** (PG, R, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep9
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (PG, R, **HD**, **C**, **AD**) s31ep17
5.30 **Friends** (G, R, **HD**, **C**) s10ep17
6.00 **The Big Bang Theory** (G, R, **HD**, **C**, **AD**) s7ep10
6.30 **Home and Away** (PG, **C**) Kirby's done being the responsible one, Bree gets under Remi's skin, and Ziggy's pro surfing career may be on the rocks.
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Vili faces a life and death situation, Maeve's trust in Wilder proves misplaced, and TK learns a shocking truth about his origins.
7.30 **Ten 7: Aotearoa** (PG, **C**) Local series about crime in Aotearoa and the communities and people affected by it.
8.00 **Motorway Patrol** (PG, **HD**, **C**, **AD**) A Christmas party sends a jolly driver over the limit, and a relationship gets wrangled on the roadside.
8.30 **Danielle Cormack's Life on the Outside** (16, **HD**, **C**, **AD**) Danielle Cormack presents an Australian series in which four households offer their spare room to a formerly incarcerated person for 100 days. s1ep2
9.45 **SEAL Team** (M, **HD**, **C**, **AD**) Bravo Team is sent on a mission in South America unlike any other. s5ep10
10.40 **Ten 7: Aotearoa** (PG, R, **C**)
11.10 **CSI: Crime Scene Investigation** (16, **HD**, **C**) s6ep3
1.00am Extant (M, **HD**, **C**) s2ep8
1.45 **Emmerdale** (PG, R, **C**, **AD**)
2.05 **Infomercials**
3.05 **The Cube** (G, R, **HD**, **C**)
3.55 **Heroes** (M, R, **HD**, **C**) s3ep9
4.35 **Neighbours** (G, R, **HD**, **C**)
5.00 – 6.00 Infomercials

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon ■ **Secrets on Sorority Row** (2021, M, R, **C**) Lauren Buglioli.
2.00 **Breaking Amish** (PG, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**)
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 **Comedy Month: Best Foods Comedy Gala** (M, **C**) Rhys Mathewson hosts this year's comedy gala from the Civic in Auckland.
8.30 **Mean Mums** (M, **C**) Jess accidentally joins a new school committee. s3ep5
9.00 **The Stand Up Sketch Show** (16, **C**) Comedians' routines are brought to life in sketch form.
9.30 ■ **Get the Name Right** (PG, **C**) Joe Daymond and Kara Rickard delve into the history of place names in Aotearoa. Tonight, why New Zealand is named after Zeeland, and the origins of the name Aotearoa.
10.00 **Newshub Late**
10.30 **NCIS: Los Angeles** (M, R, **C**)
11.25 **Breaking Amish** (PG, R, **C**)
12.15am Infomercials
5.30 – 6.00 AM Early With Bernadine Oliver-Kerby.

PRIME FREEVIEW 10 SKY 004

6.00 **Infomercials**
8.00 **Kids' Programmes** (**C**)
9.00 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.30 **Jeopardy** (G)
3.55 **Artefact** (PG, R, **C**)
5.00 **Rural Delivery** (G, **C**)
5.30 **Prime News**
6.00 **SailGP** (G) Highlights from France.
6.35 **Storage Wars** (PG, R, **C**)
7.05 **Pawn Stars** (PG, R)
7.35 **The World's Most Expensive Cruise Ship** (PG, R, **C**)
8.35 **FBI: Most Wanted** (M, **C**)
9.35 **Bull** (M, **C**)
10.30 **The Crowd Goes Wild** (PG)
11.00 **Rugby Championship** (G, **C**) Australia v All Blacks, from Marvel Stadium, Melbourne.
1.00am The Late Show with Stephen Colbert (PG)
2.00 – 6.00 Infomercials

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Lifted** (G, R)
10.30 **Toi Te Ora** (G, R)
11.00 **Matariki I Te Pō** (PG, R)
Noon **Te Ao Tapatahi**
12.30 ■ **Mahana** (2016, M, R) Temuera Morrison.
2.30 **Tōku Reo** (G, R)
3.00 **Kids' Programmes**
5.05 **Rags Are Riches** (PG, R)
5.15 **Rediscovering Aotearoa** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 **Fresh** (G) Pasifika show for young people.
7.30 **Funny Whare** (PG, R)
8.00 **Rags Are Riches** (PG, R)
8.15 **Gowns and Geysers** (PG) Behind the scenes of Miss Rotorua.
8.30 **Rage Against the Rangatahi** (PG) Rangatahi are asked for their opinions.
9.00 **Black Comedy** (M) Sketch comedy featuring indigenous writers and performers.
9.30 **Ahikāroa** (M, R) Haki convinces Geo to help him.
10.00 **Mura o te Ahi** (PG, R)
10.30 **Colonial Combat** (M, R)
10.45 **The Adventures of Suzy Boon** (PG, R)
11.00 – 11.30 **Te Ao Mārama** (R)

Film: I AM MLK JR.

Made to mark the 50th anniversary of Martin Luther King Jr's murder, this doco does more than a standard biopic by connecting his civil rights leadership to recent events in the US, such as the riots in Ferguson in 2014 after the shooting of Michael Brown.
RIALTO, 8.30pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.45 **Snapped: Behind Bars** (M, R)
12.35 **Tattoo Fixers** (M, R)
1.35 **Below Deck** (R) s3ep10
2.30 **Love It or List It** (PG, R)
3.30 **Top Chef** (PG)
4.30 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG, R)
6.30 **Stop Search Seize** (PG, R)
7.30 ■ **Rich Listers** (PG) Local realty series following agents, including former Deputy PM Paula Bennett, as they sell expensive properties.
8.30 **Below Deck Mediterranean** (M)
9.30 **A&E After Dark** (M) Patients become abusive because of Covid restrictions.
10.30 **Snapped: Behind Bars** (M, R)
11.30 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
6.55 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Giada in Italy** (G, R)
8.30 **Nigella: At My Table** (G, R)
9.00 **Monument Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (G)
11.30 **Flea Market Flip** (G, R)
Noon **Travel Man's Greatest** (PG, R)
1.00 **Where the Wild Men Are** (M, R)
2.00 **Shipping Wars** (PG, R)
2.30 **Border Security Aus** (PG, R)
3.00 **My Cat from Hell** (PG, R)
4.00 **Bizzare Foods: Delicious Destinations** (G)
4.30 **Rick Stein's Cornwall** (G)
5.05 **Mysteries at the Monument**
6.00 **American Pickers** (PG)
7.00 **Aussie Lobster Men** (PG)
8.00 **Newshub Live**
8.30 **Bite Club** (M)
9.25 **Mediterranean with Simon Reeve** (G)
10.30 **Aussie Lobster Men** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Building Off the Grid** (PG, R)
9.20 **Building Alaska** (G, R)
10.10 **Homestead Rescue** (PG, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Treasure Quest** (M, R)
1.30 **Bering Sea Gold** (M, R)
2.20 **Gem Hunt** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **Building Off the Grid** (PG, R)
4.50 **Alaska: The Last Frontier** (PG, R)
5.45 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Inside West Coast Customs** (PG)
8.25 **Kindig Customs** (PG)
9.20 **Street Outlaws: No Prep Kings** (M)
10.10 **Alaska: The Last Frontier** (PG)
11.05 **Tanked** (PG, R)
11.55 **Wheeler Dealers** (PG, R)
12.45am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
11.00 **DUKEbox: Waiata Māori**
11.45 **Two and a Half Men** (PG, R, **HD**, **C**) s11ep22
12.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.30 **River Monsters** (PG, R, **HD**, **C**)
1.25 **Star Trek Discovery** (M, **HD**, **C**) s2ep9
2.20 **Hunting Aotearoa** (PG, R, **HD**)
2.45 **Heavy Rescue 401** (PG, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.25 **ABC World News** (PG)
4.50 **Abandoned Engineering** (G, R, **HD**, **C**)
5.40 **30 Rock** (PG, R, **HD**, **C**)
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s12ep1
7.05 **Everybody Hates Chris** (PG, R, **HD**, **C**)
7.30 **The Simpsons** (PG, R, **HD**, **C**)
8.30 **Outback Car Hunters** (G, **HD**, **C**) A Land Rover Series 1 and a Mazda Bongo van. s1ep3
9.30 **Secrets of the Supercars** (G, **HD**, **C**) s1ep4
10.30 **NZ Hunter Adventures** (M, R, **HD**, **C**) s8ep3
11.30 **The Russell Howard Hour** (16, R, **HD**)
12.20am – 12.45 ABC World News (PG, R)

SKY PREMIERE SKY 030

6.00 **The Space Between** (2021, M) Kelsey Grammar
7.40 **Flesh and Blood** (2018, 16) Diana Silvers
9.15 **Judas & the Black Messiah** (2021, 16) Daniel Kaluuya, LaKeith Stanfield
11.20 **The Courier** (2020, M) Benedict Cumberbatch
1.10 **South of Heaven** (2021, 16) Jason Sudeikis
3.10 **Scream** (2022, 16) Melissa Barrera, Neve Campbell
5.05 **Resident Evil: Welcome to Raccoon City** (2021, 16) Kaya Scodelario, Robbie Amell
6.50 **Those Who Wish Me Dead** (2021, 16) A survival expert and a teenage murder witness are pursued through the wilderness by two killers. Angelina Jolie, Finn Little
8.30 **Marry Me** (2022, PG) When she learns her partner has been unfaithful, a pop star marries a fan instead. Jennifer Lopez, Owen Wilson
10.30 **The Dry** (2020, 16) Eric Bana, Genevieve O'Reilly
12.30am Jackass Forever (2022, 16) **2.05** Land (2021, M) **3.35** Malignant (2021, 18) **5.25** The Unholy (2021) (2021, M)

MOVIES CLASSICS SKY 034

8.10 **The Defiant Ones** (1958, PG) Sidney Poitier, Tony Curtis
9.45 **The Blue Lagoon** (1980, M) Brooke Shields, Christopher Atkins
11.32 **The Tall T** (1957, G) Randolph Scott, Richard Boone
12.52 **Invasion of the Body Snatchers** (1978, M) Donald Sutherland, Jeff Goldblum
2.50 **The Fan** (1996, 16) Robert De Niro, Wesley Snipes
4.45 **The Harder They Come** (1972, M) Jimmy Cliff, Janet Bartley
6.25 **Cape Fear** (1991, 16) A lawyer and his family are terrorised by a criminal after he withheld evidence that may have acquitted him. Robert De Niro, Nick Nolte
8.30 **The Doors** (1991, 16) Based on the story of the 1960s rock band and their lead singer, Jim Morrison. Val Kilmer, Meg Ryan, Kyle MacLachlan
10.50 **The Witches of Eastwick** (1987, M) Jack Nicholson, Susan Sarandon
12.50am Basic Instinct (1992, 18) **2.55** Fanny (1961, G) **5.05** Waterloo (1970, G)

RIALTO SKY 039

6.50 **The Crimson Rivers: The Last Hunt** (2018, 16) Olivier Marchal
8.25 **The Rose Maker** (2020, M) Catherine Frot
10.00 **Dirty Tricks** (2021, M) Israeli documentary.
11.45 **My Zoe** (2019, M) Julie Delpy
1.25 **Totally Under Control** (2020, M) US documentary.
3.25 **The Food Club** (2020, M) Stina Ekblad
5.05 **The Jump** (2020, M) Lithuanian documentary.
6.35 **Dr Bird's Advice for Sad Poets** (2021, M) A 16-year-old seeks advice from an imaginary pigeon therapist to overcome anxiety after his sister's disappearance. Lucas Jade Zumann, Taylor Russell, Jason Isaacs
8.30 **Rialto Documentary: I Am MLK Jr.** (2018, M) Canadian documentary about civil rights leader Martin Luther King Jr.
10.05 **Balloon** (2018, M) David Kross
12.10am Danny Boy (2021, M) **1.40** Red Light (16) s1ep7&8 **3.20** Totally Under Control (2020, M) **5.20** The Food Club (2020, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) **6.50** The Closer (M) s6ep4 **7.40** Major Crimes (M) s1ep2 **8.30** The Good Wife (M) s2ep14 **9.20** Covert Affairs (M) s3ep10 **10.10** Judge Judy (PG) **11.00** Julia (M) s1ep6 **11.55** Our Girl (16) s2ep4 **1.05** Frayed (M) s2ep2 **2.00** The Closer (M) s6ep4 **2.50** Major Crimes (M) s1ep2 **3.40** The Good Wife (M) s2ep14 **4.30** Judge Judy (PG) **5.30** Parenthood (M) **6.30** Covert Affairs (M) s3ep10 **7.30** Murdoch Mysteries (M) s15ep1 **8.30** Gentleman Jack (M) A month on from their private marriage ceremony, Anne Lister and Ann Walker consider moving in together at Shibden Hall. s2ep1 **9.30** Big Little Lies (16) s1ep2 **10.30** The Good Wife (M) s2ep14 **11.20** Judge Judy (PG) **12.10am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s4ep2 **10.10** Father Brown (PG) s5ep4 **10.55** Doc Martin (M) s4ep5 **11.45** Midsomer Murders (M) s5ep3 **1.30** The Bill (M) **2.20** New Tricks (M) s9ep8 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s26ep2 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** EastEnders (PG) **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep9 **8.35** The Graham Norton Show (M) s29ep10 **9.30** The Jonathan Ross Show (PG) s18ep4 **10.25** The Mallorca Files (PG) s1ep1 **11.15** Midsomer Murders (M) s5ep3 **1.10am** Programmes continue

SoHo SKY 010

6.10 Insecure (16) s4ep8 **6.45** House of the Dragon (18) s1ep4 **7.45** The Great (M) s1ep5 **8.35** American Gigolo (16) s1ep1 **9.35** Jerrod Carmichael: Rothaniel (16) **10.35** Real Time with Bill Maher (M) s20ep26 **11.35** Insecure (16) s4ep8 **12.10** House of the Dragon (18) s1ep4 **1.10** The Great (M) s1ep5 **2.00** American Gigolo (16) s1ep1 **3.00** Jerrod Carmichael: Rothaniel (16) **4.00** What We Do in the Shadows (16) s4ep4 **4.30** Our Cartoon President (16) s3ep3 **5.00** A Million Little Things (M) s2ep12&13 **6.30** Industry (16) s2ep2 **7.30** Dave (16) s1ep6 **8.00** The Rehearsal (16) s1ep7 **8.30** Rap Sh!t (16) s1ep8 **9.00** Insecure (16) s5ep10 **9.40** McMillion$ (M) The FBI investigates two prominent figures they believe are connected to the scam. s1ep2 **10.35** A Million Little Things (M) s4ep3 **11.30** Westworld (18) s3ep3 **12.30am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** Gardening Australia (PG) **10.00** The Great Garden Revolution (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Miriam and Alan: Lost in Scotland (PG) **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** The Great Garden Revolution (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Undercover Chef (PG) **9.30** The Flay List (PG) **10.30** Location Location Location Australia **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Six Degrees of Murder (M) **6.55** People Magazine Investigates (M) **7.45** Unseamly: The Investigation of Peter Nygård (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Six Degrees of Murder (M) **1.05** Heart of Darkness (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Deadly Secrets (M) **5.40** True Conviction (M) **6.35** Evil Lives Here (M) **8.30** Crimes Gone Viral (M) **9.30** Body Cam (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.45 RCO: Klaus Mäkelä Conducts Beethoven & Debussy **8.00** Shanghai Symphony Orchestra in Lucerne **8.55** Sonya Yoncheva & Vittorio Grigolo at Arena di Verona **10.45** Mozart in Paris **12.15** LSO: Simon Rattle Conducts Kurt Weill **1.45** Eine Alpensinfonie with Reinhold Messner **2.45** RCO: Klaus Mäkelä Conducts Beethoven & Debussy **4.00** Talking Heads: Alan Bennett Monologues **4.30** Dismantling Democracy **5.30** Classic Literature and Cinema **6.20** The Man Who Destroyed Oscar Wilde **7.10** Looking for Al Pacino **8.05** Karanga **8.30** Video Killed the Radio Star: Elbow **9.00** Beat the Drum for Music **9.30** Finding Your Roots **10.30** WWII and Cinema **11.15** The Decisive Moment **11.30** In the Making **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Mega Shippers (PG) **9.25** Fast N' Loud (PG) **10.20** Heavy Tow Truckers Down Under (PG) **11.15** Aussie Salvage Squad (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Deadliest Catch (PG) **4.45** Alaska: The Last Frontier (M) **5.40** Demolition Down Under (PG) **6.35** Aussie Gold Hunters (PG) **8.30** Gold Rush: White Water (M) **9.30** Gold Rush: Dave Turin's Lost Mine (M) **10.30** Alaskan Bush People (M) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

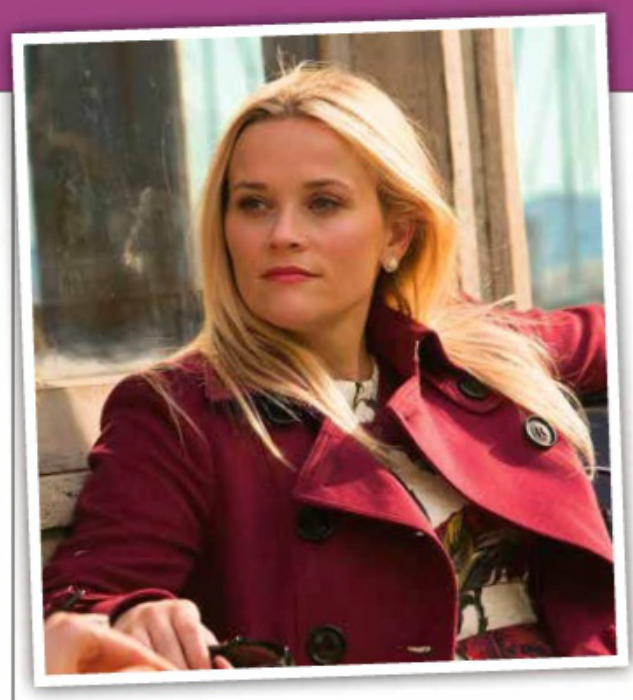
6.00 Food Factory (PG) **6.30** Last of the Giants: Wild Fish (PG) **7.30** Aussie Snake Wranglers (PG) **8.00** Made in a Day (PG) **8.30** Air Crash Investigation: Special Report (M) **9.30** Narco Wars: Chasing the Dragon (16) **10.30** César Millan: Better Human, Better Dog (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** César Millan: Better Human, Better Dog (PG) **3.30** Only in Oz (PG) **4.30** Food Factory (PG) **5.30** Do or Die (PG) **6.30** Air Crash Investigation: Special Report (M) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Hitler's Last Stand (M) **9.30** Lost Treasures of Rome (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Nefertiti: The Lonely Queen **7.30** Titanic: Stories from the Deep (PG) **8.30** Time Team **9.30** Britain's Most Historic Towns (PG) **10.25** Time Team **11.25** The Abyss: The Rise & Fall of the Nazis (16) **12.35** Abandoned Engineering (PG) **1.30** Battlefield (PG) **3.30** Tanks **4.30** Zeppelin (PG) **5.35** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** Abandoned Engineering (PG) **8.30** Ancient Apocalypse (PG) **9.30** Pyramids: Solving the Mystery **10.30** World's Greatest Ships (PG) **11.30** Hitler's Most Wanted (M) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Elephant Hospital (PG) **6.50** Life Below Zero: The Thaw (M) **7.40** Where the Wild Men Are: Revisited (M) **8.30** Building to the Sky (PG) **9.25** Trust Me, I'm a Doctor (PG) **10.20** The Dog Rescuers with Alan Davies (PG) **11.10** 24 Hours in A&E (PG) **Noon** Natural Curiosities (PG) **12.25** Serengeti (PG) **1.20** Building to the Sky (PG) **2.15** Elephant Hospital (PG) **3.05** Australia with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are: Revisited (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** The Dog Rescuers with Alan Davies (PG) **9.25** Frozen Planet (PG) **10.20** Serengeti (PG) **11.25** Australia with Simon Reeve (PG) **12.30am** Programmes continue



Vibe: Big Little Lies, 9.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 National Provincial Championship, North Harbour v Bay of Plenty, replay **8.00** National Provincial Championship, Canterbury v Northland, replay **10.00** National Provincial Championship, Waikato v Southland, replay **Noon** Gallagher Premiership, replay **2.00** Heartland Championship, Poverty Bay v East Coast, replay **4.00** Farah Palmer Cup, Championship Final **4.30** Farah Palmer Cup, Premiership Final, replay **6.30** UFC on Sky **7.00** Mainfreight Rugby **8.00** Inside Netball **8.30** The Crowd Goes Wild **9.00** Rugby Championship, Australia v All Blacks, from Marvel Stadium, Melbourne, **live** **12.00am** UFC on Sky **12.30** Premier League, replay **2.30** NPC, North Harbour v Bay of Plenty, replay **4.30** Aotearoa Rugby Pod **5.00** Mainfreight Rugby

Sky Sport 2 SKY 052

6.00 Aotearoa Rugby Pod **6.30** Sky Speed **7.00** Matty Johns Face to Face **7.30** NRL 360 **8.30** ATP Uncovered **9.00** The Ditch **9.30** Once a Warrior with Monty Betham **10.00** The Back Page **11.00** NRL 360 **Noon** National Provincial Championship, North Harbour v Bay of Plenty, replay **2.00** National Provincial Championship, Canterbury v Northland, replay **4.00** The Back Page **5.00** Heartland Championship, Poverty Bay v East Coast, replay **7.00** Farah Palmer Cup, Premiership Final, replay **9.00** Mainfreight Rugby **10.00** Inside Netball **10.30** Premier League, replay **12.30am** Premier League, replay **2.30** Outdoor Sports Show **3.00** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **3.30** UFC on Sky **4.00** Inside Netball **4.30** Farah Palmer Cup, Premiership Final, replay

Sky Sport 3 SKY 053

6.00 2011 Australia v Black Caps, 2nd test wrap **8.30** Caribbean Premier League, Guyana Amazon Warriors v St Lucia Kings **9.00** CPL, Barbados Royals v Jamaica Tallawahs **9.30** CPL, St Kitts & Nevis Patriots v St Lucia Kings **10.00** CPL, Barbados Royals v Trinbago Knight Riders **10.30** Caribbean Premier League, Guyana Amazon Warriors v Trinbago Knight Riders, **live** **2.45** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI **3.00** CPL, Jamaica Tallawahs v St Kitts & Nevis Patriots, replay **7.00** CPL, Barbados Royals v Jamaica Tallawahs **7.30** CPL, St Kitts & Nevis Patriots v St Lucia Kings **8.00** CPL, Jamaica Tallawahs v St Kitts & Nevis Patriots **8.30** CPL, Guyana Amazon Warriors v Trinbago Knight Riders **9.00** CPL, Jamaica Tallawahs v St Kitts & Nevis Patriots, replay **1.00am** CPL, Guyana Amazon Warriors v Trinbago Knight Riders **1.30** Caribbean Premier League, Barbados Royals v Jamaica Tallawahs, **live** **5.45** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI, highlights

TVNZ 1 FREEVIEW 1 SKY 001

6.00 **Breakfast** (**HD**, **C**) Jenny-May Clarkson and Indira Stewart present news, sport, information and weather.
9.00 **Lingo** (G, **HD**, **C**) Adil Ray hosts a UK quiz show.
10.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
11.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
Noon **1 News** (**HD**, **C**)
12.30 **Emmerdale** (PG, **C**, **AD**)
1.00 **Hollyoaks** (PG, **C**, **AD**) Shaq and Nadira may have to postpone their wedding due to permit issues, but when Verity agrees to help, Shaq has second thoughts about getting married.
2.00 **Coronation Street** (PG, R, **C**, **AD**)
3.00 **Tipping Point** (G, R, **HD**, **C**) Ben Shephard hosts a UK quiz show.
4.00 **Te Karere** (**HD**) A Māori perspective on the day's news and current affairs.
4.30 **Dog Squad** (PG, R, **HD**, **C**, **AD**)
5.00 **The Chase** (G, R, **HD**, **C**) Bradley Walsh hosts a UK quiz show.
6.00 **1 News** (**HD**, **C**)
7.00 **Seven Sharp** (**HD**, **C**) Hilary Barry and Jeremy Wells present current affairs and entertainment.
7.30 **The Repair Shop** (G, **HD**, **C**, **AD**) UK series in which expert craftspeople restore treasured items.
8.30 **The Dog House** (PG, **HD**, **C**, **AD**) UK series matching dogs with new owners. Tonight, nine-year-old Kiya chooses a new furry friend out of a litter of cockapoos, Wingnut the chihuahua impresses 16-year-old Jacob, and Bam Bam the overexcited Yorkie meets charity worker Hannah. s3ep4
9.30 ■ **The World's Most Extraordinary Homes** (PG, **HD**, **C**, **AD**) Piers Taylor and Caroline Quentin are in Israel, where exciting modern houses are inspired by rich cultural and historical traditions. s2ep8
10.45 **1 News** (**HD**, **C**)
11.20 **Shortland Street** (PG, R, **C**, **AD**) Maeve feels to blame, TK takes his place, and Jojo lets loose.
11.50 **The Great British Sewing Bee** (G, R, **HD**, **C**, **AD**) s6ep4
1.05am **Schitt's Creek** (M, R, **HD**, **C**, **AD**) Ted finally lets loose at David and Patrick's housewarming party. s5ep5
1.50 **Te Karere** (R, **HD**)
2.30 **Infomercials**
5.30 – 6.00 **Religious Programming**

TVNZ 2 FREEVIEW 2 SKY 002

6.00 **Les Mills Born to Move** (G, R, **HD**, **C**)
6.25 **Kiri and Lou** (G, R, **HD**, **C**, **AD**)
6.30 **Toi Time** (G, R, **HD**, **C**, **AD**)
7.00 **Kiwi & Cat: Mānawatia a Matariki** (G, **C**, **AD**)
7.20 **Agent Binky: Pets of the Universe** (G, **HD**, **C**)
7.45 **Teen Titans Go!** (G, R, **HD**, **C**)
8.10 **The Adventures of Paddington** (G, R, **HD**, **C**)
8.30 **Sesame Street** (G, **HD**, **C**)
8.55 **Bluey** (G, R, **C**)
9.05 **Infomercials**
9.35 **Les Mills Grit Cardio** (G, R, **HD**, **C**)
10.05 **Home and Away** (PG, R, **C**)
10.35 **Shortland Street** (PG, R, **HD**, **C**, **AD**)
11.05 **Charmed** (M, **C**)
Noon **First Dates** (PG, **HD**, **C**) s6ep9
1.00 **Selling Houses Australia** (G, R, **HD**, **C**)
2.05 **The Drew Barrymore Show** (PG, R, **HD**, **C**)
3.00 **Will & Grace** (PG, R, **C**) s1ep10
3.30 **The Feed** (PG, **HD**, **C**)
5.00 **The Simpsons** (G, R, **HD**, **C**, **AD**) s31ep18
5.30 **Friends** (G, R, **HD**, **C**) s10ep18
6.00 **The Big Bang Theory** (PG, R, **HD**, **C**, **AD**) s7ep11
6.30 **Home and Away** (PG, **C**)
7.00 **Shortland Street** (PG, **HD**, **C**, **AD**) Maeve feels to blame, TK takes his place, and Jojo lets loose.
7.30 **Travel Guides Australia** (G, R, **HD**, **C**, **AD**) The Travel Guides head to tropical North Queensland, where they try white water rafting and aqua aerobics before exploring the Great Barrier Reef.
8.35 **Have You Been Paying Attention?** (M, **C**) Hayley Sproull presents a topical comedy panel show.
9.35 **RuPaul's Drag Race Down Under** (16, **C**, **AD**) The queens are challenged to transform a family of men into gorgeous glamazons. s3ep7
10.40 **Ready to Mingle** (16, **HD**, **C**) Sophia is almost at the halfway point as her love triangle with Casey and Drew intensifies, and an game causes fireworks between John and Rudi. s1ep7
11.40 **Alex Rider** (M, **HD**, **C**) To unlock the secrets of Feathered Serpent 2, Alex seeks expert assistance from an old friend. s2ep5
12.30am **Evil** (16, **HD**, **C**) s2ep5
1.20 **Emmerdale** (PG, R, **C**, **AD**)
1.45 **Infomercials**
2.45 **Unreal** (16, **HD**, **C**) s4ep1
4.15 **The Bachelorette** (PG, R, **HD**, **C**) s16ep11
5.40 – 6.00 **2 Tunes**

THREE FREEVIEW 3 SKY 003

6.00 **AM** With Ryan Bridge and Melissa Chan-Green.
9.00 **Infomercials**
10.30 **Gold Rush** (PG, R, **C**)
11.30 **Newshub Live**
Noon ■ **Hidden Family Secrets** (2018, M, R, **C**) Abbie Gayle, Diora Baird, Blanche Baker.
2.00 **Breaking Amish** (PG, **C**)
3.00 **Outrageous Acts of Science** (PG, **C**)
4.00 **Bath Crashers** (G, **C**)
4.30 **Newshub Live**
5.00 **Gold Rush** (PG, **C**) Rick hunts for a new washplant with his crew, and must find a way to mine the gold to pay the deposit.
6.00 **Newshub Live**
7.00 **The Project** With Kanoa Lloyd, Jesse Mulligan and Jeremy Corbett.
7.30 ■ **Mission: Impossible – Rogue Nation** (2015, M, R, **C**) After the dissolution of the IMF, Ethan and his team are on the run, but come up against a black ops terrorist organisation. Tom Cruise, Rebecca Ferguson, Simon Pegg. **TV Films, page 69**
10.00 **Newshub Late**
10.30 **Expedition: Back to the Future** (PG, **C**) Josh Gates and Christopher Lloyd's hunt for the DeLorean takes them to a superfan's collection in Massachusetts.
11.20 **Comedy Month: Best Foods Comedy Gala** (M, R, **C**) Rhys Mathewson hosts this years gala from the Civic in Auckland.
12.20am – 6.00 **Infomercials**

PRIME FREEVIEW 10 SKY 004

6.00 **Kids' Programmes** (G, R)
9.00 **Jeopardy** (G, R)
9.30 **The Neighborhood** (PG, **C**)
10.00 **New Amsterdam** (M, R, **C**)
11.00 **NCIS: New Orleans** (M, R, **C**)
Noon **Parenthood** (M)
1.00 **House** (M, **C**)
2.00 **The Late Show with Stephen Colbert** (PG, R)
3.00 **Wheel of Fortune** (G)
3.25 **Jeopardy** (G)
3.55 **Artefact** (G, R, **C**)
5.00 **Attitude** (PG, **C**)
5.30 **Prime News**
6.00 **Storage Wars** (PG, R, **C**)
7.00 **Pawn Stars** (PG, R)
7.30 **Border Security: America's Front Line** (PG, R, **C**)
8.00 **Border Security: Australia's Front Line** (PG, R, **C**)
8.30 ■ **Pawn Stars** (PG) Season 23. Tonight, a guitar pick belonging to Elvis Presley has Corey all shook up.
9.30 **RAW** (PG)
10.30 **The Late Show with Stephen Colbert** (PG)
11.30 **How to Make It in America** (16, **C**)
12.00am – 6.00 **Infomercials**

Documentary: HOW TO PAINT THE MONA LISA

"I'm gonna live in his skin!" says artist Adebanji Alade, which is his way of saying that he will need more than just good copying skills if he's to discover how Leonardo da Vinci created his masterpiece in the early 16th century. Alade, the vice-president of the Royal Institute of Oil Painters, does a deep dive into the methods and techniques of the era, such as painting on wood rather than canvas, mixing his own paints and building up colour in painstakingly thin layers. There is help from paint specialist Lucy Mayes, who makes pigments by hand, and historian Martin Kemp.

SKY ARTS, 8.00pm

Crime drama: SANTO

Friday night thriller fun and a window on how they do crime shows in Spain. This new series was filmed in Madrid and Salvador in Brazil and follows two cops (Bruno Gagliasso and Raúl Arévalo) who are hunting the world's most wanted drug dealer, known only as Santo.

NETFLIX

■ **NEW** ■ **RETURN** ■ **FINAL** ■ **FILM** **C** Captions **AD** Audio Description **HD** High Definition

WHAKAATA MĀORI FREEVIEW 5 SKY 019

6.30 **Kids' Programmes**
8.00 **Tribe** (G, R)
8.30 **Oranga Ngākau** (G, R)
9.30 **Whānau Living** (G, R)
10.00 **Lucky Dip** (G, R)
10.30 **Harakore** (G, R)
11.00 **Rage Against the Rangatahi** (PG, R)
11.30 **Rags Are Riches** (PG, R)
11.45 **Gowns to Geysers** (PG, R)
Noon **Te Ao Tapatahi**
12.30 **Only in Aotearoa** (PG, R)
1.00 **Nanakia** (PG, R)
1.30 **Tōku Reo** (G, R)
2.30 **Ako** (G, R)
3.00 **Kids' Programmes**
4.35 **Tribe** (G, R)
5.05 **Rags Are Riches** (PG, R)
5.15 **Rediscovering Aotearoa** (G, R)
5.30 **Kids' Programmes**
6.00 **Haka Ngahau ā-Rohe: Te Tai Tokerau** (G, R)
6.30 **Te Ao Mārama**
7.00 **Pio Terei Tonight** (G, R) Scotty Morrison, Marama Jones and Howie Morrison.
8.00 **Moosemeat and Marmalade** (G, R) Two very different chefs explore contrasting cultures and traditions.
8.30 **Intrepid Journeys** (PG, R) Renato Bartolomei is in Mongolia.
9.30 **Moko** (G, R) The role of kapa haka and puhoro.
10.00 **The New Zealanders** (G, R)
11.00 – 11.30 **Te Ao Mārama** (R)

Film: THE CANDIDATE

Robert Redford described his 1972 satire about a candidate who becomes corrupted as "a labour of love". He and director Michael Ritchie signed Eugene McCarthy's former speechwriter, Jeremy Larner, and shot quickly to be out before the 1972 California Presidential primary.
SKY MOVIES CLASSICS, 6.40pm

BRAVO FREEVIEW 4 SKY 012

6.00 **Infomercials**
10.00 **Love It or List It** (PG, R)
10.50 **Stop Search Seize** (PG, R)
11.40 **Snapped: Behind Bars** (M, R)
12.40 **Tattoo Fixers** (M, R)
1.40 **Below Deck** (R) s3ep11
2.35 **Love It or List It** (PG, R)
3.35 **Top Chef** (PG)
4.35 **Shark Tank** (PG, R)
5.30 **A Place in the Sun: Summer Sun** (PG, R)
6.30 **Stop Search Seize** (PG, R)
7.30 **50 First Dates** (2004, M, R, **C**) A womaniser gives up his lifestyle when he falls for an art teacher, but discovers that she has short-term memory loss. Adam Sandler, Drew Barrymore, Rob Schneider.
9.35 **An Unexpected Killer** (16, R) The body of a taxi driver is found in the trunk of his car submerged in a river.
10.30 **Snapped** (M, R)
11.30 **#Killerpost** (M, R)
12.20am – 6.00 Infomercials

EDEN FREEVIEW 8 SKY 013

6.00 **My Cat from Hell** (PG, R)
7.00 **The Pioneer Woman** (G)
7.30 **Trisha's Southern Kitchen**
8.00 **Bizzare Foods: Delicious Destinations** (G, R)
8.30 **Rick Stein's Cornwall** (G, R)
9.05 **Monument Mysteries** (PG, R)
10.00 **American Pickers** (PG, R)
11.00 **Salvage Dawgs** (PG, R)
11.30 **Flea Market Flip** (G, R)
Noon **Mediterranean with Simon Reeve** (G, R)
1.00 **Bite Club** (M, R)
2.00 **Aussie Lobster Men** (PG, R)
3.00 **My Cat from Hell** (PG, R)
4.00 **Jamie & Jimmy** (PG)
5.00 **Mysteries at the Monument**
6.00 **American Pickers** (PG)
7.00 **The Chase USA** (PG)
8.00 **Newshub Live**
8.30 **Strictly Come Dancing** (G) The final couples are revealed, and a performance by Little Mix.
9.25 **Celebrity IOU**
10.25 **The Chase USA** (PG, R)
11.30 **Flea Market Flip** (G)
12.00am – 6.00 Infomercials

RUSH FREEVIEW 14 SKY 024

6.00 **Alaska: The Last Frontier** (PG, R)
6.50 **Tanked** (PG, R)
7.40 **Wheeler Dealers** (PG, R)
8.30 **Inside West Coast Customs** (PG, R)
9.20 **Kindig Customs** (PG, R)
10.10 **Street Outlaws** (M, R)
11.00 **Alaska: The Last Frontier** (PG, R)
11.50 **Tanked** (PG, R)
12.40 **Turbo Pickers** (PG, R)
1.30 **Iron Resurrection** (PG, R)
2.20 **Texas Metal** (PG, R)
3.10 **Wheeler Dealers** (PG, R)
4.00 **Inside West Coast Customs** (PG, R)
4.55 **Alaska: The Last Frontier** (PG, R)
5.45 **Tanked** (PG)
6.35 **Wheeler Dealers** (PG)
7.30 **Expedition Mungo** (PG)
8.25 **Expedition Unknown** (PG)
9.20 **NASA's Unexplained** (PG)
10.15 **Alaska: The Last Frontier** (PG, R)
11.10 **Tanked** (PG, R)
12.00am Programmes continue

TVNZ DUKE FREEVIEW 6 SKY 023

6.00 **On Duke Today**
10.30 **DUKEbox: Waiata Māori**
11.20 **Beat the Chef** (G, R, **HD**, **C**)
11.50 **Two and a Half Men** (PG, R, **HD**, **C**) s12ep1
12.10 **Everybody Hates Chris** (PG, R, **HD**, **C**)
12.35 **River Monsters** (PG, R, **HD**, **C**)
1.30 **Star Trek Discovery** (M, **HD**, **C**) s2ep10
2.20 **Hunting Aotearoa** (PG, R, **HD**)
2.45 **Heavy Rescue 401** (G, R, **HD**)
3.40 **The Chase Aus** (G, **HD**, **C**)
4.30 **ABC World News** (PG)
4.50 **Abandoned Engineering** (PG, R, **HD**, **C**)
5.40 **30 Rock** (PG, R, **HD**, **C**) s6ep13
6.35 **Two and a Half Men** (PG, R, **HD**, **C**) s12ep2
7.05 **Everybody Hates Chris** (G, R, **HD**, **C**)
7.30 **The Simpsons** (G, R, **HD**, **C**) s19ep1
8.30 **Family Guy** (PG, R, **HD**, **C**, **AD**)
9.25 **Happy Gilmore** (1996, 16, R, **HD**, **C**, **AD**) Adam Sandler, Julie Bowen.
11.10 **Mr Robot** (16, **HD**)
12.05am Friday Night Lights (PG, **HD**, **C**) s1ep1 **12.55 – 1.15** ABC World News (PG, R)

SKY PREMIERE SKY 030

7.05 **Blood Moon** (2020, 16) Megalyn Echikunwoke
8.25 **Belfast** (2021, M) Jamie Dornan, Caitriona Balfe
10.05 **Every Breath You Take** (2021, 16) Casey Affleck
11.50 **The Nest** (2020, 16) Jude Law, Carrie Coon
1.35 **Chaos Walking** (2021, M) Tom Holland, Daisy Ridley
3.25 **Pure** (2018, 16) Jahkara Smith, McKaley Miller
4.55 **Crisis** (2020, 16) Gary Oldman, Armie Hammer
6.55 **Long Story Short** (2021, M) A newlywed finds that he is repeatedly jumping forward to the next year of his life. Rafe Spall, Zahra Newman
8.30 **Dream Horse** (2021, PG) Based on the story of a Welsh bartender who convinced her neighbours to help her raise a racehorse. Toni Collette, Damian Lewis, Owen Teale
10.25 **The Suicide Squad** (2021, 16) Margot Robbie, Idris Elba
12.35am Mortal Kombat (2021) (2021, 18) **2.25** Alone (2020, 16) **4.05** They Come Knocking (2018, 16) **5.30** Lake Placid: Legacy (2018, 16)

MOVIES CLASSICS SKY 034

7.15 **City Slickers** (1991, PG) Billy Crystal, Daniel Stern
9.10 **The Alamo** (1960, PG) John Wayne, Richard Widmark
11.50 **Wyatt Earp** (1994, M) Kevin Costner, Dennis Quaid
2.55 **Alvarez Kelly** (1966, PG) William Holden, Richard Widmark
4.45 **Flatliners** (1990, M) Kiefer Sutherland, Julia Roberts
6.40 **The Candidate** (1972, PG) A US Senate candidate's ideals weaken as his position in the polls grows stronger. Robert Redford, Peter Boyle
8.30 **The Man from Laramie** (1955, PG) A man travels to a ranch town looking for whoever sold rifles to the Apaches who killed his brother. James Stewart, Arthur Kennedy, Cathy O'Donnell
10.10 **The Basketball Diaries** (1995, 16) Leonardo DiCaprio, Lorraine Bracco
11.50 **Young Guns** (1988, M) Emilio Estevez, Kiefer Sutherland
1.35am Decision at Sundown (1957, M) **2.50** Buck and the Preacher (1972, M) **4.30** The Candidate (1972, PG)

RIALTO SKY 039

7.00 **Dr Bird's Advice for Sad Poets** (2021, M) Lucas Jade Zumann
8.50 **I Am MLK Jr.** (2018, M) Canadian documentary.
10.25 **Balloon** (2018, M) David Kross
12.30 **Revolt She Said** (2021, 16) NZ documentary.
1.55 **End of Sentence** (2019, M) John Hawkes
3.30 **Days of the Bagnold Summer** (2019, M) Monica Dolan, Rob Brydon
5.00 **Dear Comrades!** (2020, 16) Yuliya Vysotskaya
7.00 **Tread** (2020, 16) US documentary.
8.30 **Miss Marx** (2020, M) Based on the story of Karl Marx's daughter, Eleanor, who fought for women's rights and the abolition of child labour. Romola Garai
10.15 **Wild Indian** (2021, 16) Michael Greyeyes
11.40 **The Justice of Bunny King** (2021, M) Essie Davis, Thomasin McKenzie
1.20am Red Light (16) s1ep9&10 **3.05** End of Sentence (2019, M) **4.45** Days of the Bagnold Summer (2019, M)

SKY CHANNELS

Vibe SKY 006

6.00 Parenthood (M) s6ep5 **6.50** The Closer (M) s6ep5 **7.40** Major Crimes (M) s1ep3 **8.30** The Good Wife (M) s2ep15 **9.20** Covert Affairs (M) **10.10** Judge Judy (PG) **11.00** Murdoch Mysteries (M) **11.50** Gentleman Jack (M) s2ep1 **1.00** Big Little Lies (16) s1ep2 **2.00** The Closer (M) s6ep5 **2.50** Major Crimes (M) s1ep3 **3.40** The Good Wife (M) s2ep15 **4.30** Judge Judy (PG) **5.30** Parenthood (M) s6ep5 **6.30** Covert Affairs (M) **7.30** Jamestown (16) s2ep7 **8.30** Medici: The Magnificent (16) s1ep6 **9.35** Outlander (18) Claire and Jamie are thrown together in marriage. s1ep7&8 **11.45** The Good Wife (M) s2ep15 **12.30am** Programmes continue

BBC UKTV SKY 007

6.00 Would I Lie to You? (PG) **6.30** QI (M) **7.00** EastEnders (PG) **7.30** The Bill (M) **8.20** A Touch of Frost (M) s4ep3 **10.10** Father Brown (PG) s5ep5 **10.55** Doc Martin (M) s4ep6 **11.45** Midsomer Murders (M) s5ep4 **1.30** The Bill (M) **2.20** New Tricks (M) s9ep9 **3.25** 8 Out of 10 Cats Does Countdown (M) **4.20** The Graham Norton Show (M) s26ep3 **5.15** Who Do You Think You Are? (PG) **6.20** QI (PG) **6.55** Richard Osman's House of Games Night (PG) s2ep4 **7.25** QI (M) **8.00** Richard Osman's House of Games (PG) s1ep10 **8.35** 8 Out of 10 Cats Does Countdown (M) **9.30** All Round to Mrs Brown's (M) s4ep5 **10.15** Hypothetical (M) s2ep3 **11.05** Midsomer Murders (M) s5ep4 **12.50am** Programmes continue

SoHo SKY 010

6.20 Westworld (18) s3ep3 **7.20** Murder on Middle Beach (18) s1ep2 **8.20** Industry (16) s2ep2 **9.20** Dave (16) s1ep6 **9.50** The Rehearsal (16) s1ep7 **10.20** Rap Sh!t (16) s1ep8 **10.50** Insecure (16) s5ep10 **11.30** McMillion$ (M) s1ep2 **12.25** A Million Little Things (M) s4ep3 **1.10** Westworld (18) s4ep3 **2.15** Industry (16) s2ep2 **3.15** Rap Sh!t (16) s1ep8 **3.45** Insecure (16) s5ep10 **4.30** Our Cartoon President (16) s3ep4 **5.00** A Million Little Things (M) s2ep14&15 **6.30** Yellowstone (16) s4ep3 **7.30** ZeroZeroZero (18) s1ep8 **8.30** A Discovery of Witches (M) Matthew and Diana return from Elizabethan London. s3ep1 **9.30** Impeachment: American Crime Story (16) s3ep2 **10.30** I May Destroy You (18) s1ep12 **11.10** Last Week Tonight with John Oliver (M) s9ep22 **11.45** American Gigolo (16) s1ep1 **12.45am** Programmes continue

Living SKY 017

6.15 Salvage Hunters (PG) **7.10** The Pioneer Woman (PG) **7.35** Girl Meets Farm (PG) **8.05** House Hunters (PG) **9.00** The Flay List (PG) **10.00** Undercover Chef (PG) **11.00** A Place in the Sun: Winter Sun (PG) **11.55** Love It or List It Australia (PG) **12.50** Location Location Location Australia **1.50** Salvage Hunters (PG) **2.45** House Hunters (PG) **3.45** The Pioneer Woman (PG) **4.15** Girl Meets Farm (PG) **4.45** Undercover Chef (PG) **5.40** Location Location Location (PG) **6.35** Love It or List It Australia (PG) **7.30** A Place in the Sun: Winter Sun (PG) **8.30** Paramedics on Scene (PG) **9.30** Long Lost Family US (PG) **11.25** House Hunters (PG) **12.15am** Programmes continue

Investigation Discovery SKY 018

6.05 Deadly Secrets (M) **6.55** Murder in the Heartland (M) **7.45** Crime Scene Confidential (M) **8.35** Body Cam (M) **9.25** Nightmare Next Door (M) **10.20** Disappeared (M) **11.15** The Perfect Murder (M) **12.10** Deadly Secrets (M) **1.05** Heart of Darkness (M) **2.00** I'd Kill for You (M) **2.55** Deadly Affairs (M) **3.50** Blood Relatives (M) **4.45** Deadly Secrets (M) **5.40** Crimes Gone Viral (M) **6.35** Body Cam (M) **7.30** Evil Lives Here (M) **8.30** Reasonable Doubt (M) **9.30** Crime Scene Confidential (M) **10.30** The Perfect Murder (M) **11.25** Nightmare Next Door (M) **12.15am** Programmes continue

Sky Arts SKY 020

6.30 WWII and Cinema **7.15** The Decisive Moment **7.30** In the Making **8.00** Talking Heads: Alan Bennett Monologues **8.30** Dismantling Democracy **9.30** Classic Literature and Cinema **10.20** The Man Who Destroyed Oscar Wilde **11.10** Looking for Al Pacino **12.05** Karanga **12.30** Video Killed the Radio Star **1.00** Beat the Drum for Music **1.30** Finding Your Roots **2.30** WWII and Cinema **3.15** The Decisive Moment **3.30** In the Making **4.00** Artist to Icon **5.30** Immersive World **6.00** Love Wins Over Hate (G) Documentary about six reformed white supremacists and ultraconservatives. **7.00** Put Some Colour in Your Life **8.00** How to Paint the Mona Lisa (G) Artist Adebanji Alade explores the world's most iconic painting. **8.50** Singing in the Wilderness **9.45** Grayson Perry's Big American Road Trip (PG) **10.30** Pink Floyd: P.U.L.S.E. Live at Earl's Court (1994, G) **12.00am** Programmes continue

Discovery SKY 070

6.05 How It's Made (PG) **6.30** How Do They Do It? (PG) **6.55** Blowing Up History (PG) **7.45** Maine Cabin Masters (PG) **8.35** Mega Shippers (PG) **9.25** Fast N' Loud (PG) **10.20** Gold Rush: White Water (M) **11.15** Aussie Gold Hunters (PG) **12.10** How Do They Do It? (PG) **12.35** How It's Made (PG) **1.05** The Alaska Triangle (PG) **2.00** Naked and Afraid (M) **2.55** Bering Sea Gold (M) **3.50** Deadliest Catch (PG) **4.45** Gold Rush: Parker's Trail (PG) **5.40** Demolition Down Under (PG) **6.35** Heavy Tow Truckers Down Under (PG) **7.30** Gold Rush: White Water (M) **8.30** Aussie Gold Hunters (PG) **9.30** Aussie Salvage Squad (PG) **10.30** Last Outpost (PG) **11.25** Naked and Afraid (M) **12.15am** Programmes continue

National Geographic SKY 072

6.00 Food Factory (PG) **6.30** Air Crash Investigation: Special Report (M) **7.30** Narco Wars: Chasing the Dragon (16) **8.30** Hitler's Last Stand (M) **9.30** Lost Treasures of Rome (PG) **10.30** Wicked Tuna (PG) **11.30** Food Factory (PG) **12.30** Air Crash Investigation (M) **1.30** Mega Factories **2.30** Ocean Wreck Investigation (PG) **3.30** Gordon Ramsay: Uncharted (PG) **5.30** Last of the Giants: Wild Fish (PG) **6.30** Hitler's Last Stand (M) **7.30** Aussie Snake Wranglers (PG) **8.00** Real Time Disaster (PG) **8.30** Rescued (M) **9.30** Air Crash Investigation: Special Report (M) **10.30** Air Crash Investigation (M) **11.30** Food Factory (PG) **12.30am** Programmes continue

History SKY 073

6.30 Pyramids: Solving the Mystery **7.30** World's Greatest Ships (PG) **8.30** Time Team **9.30** Britain's Most Historic Towns (PG) **10.30** Time Team **11.30** Abandoned Engineering (PG) **12.30** Ancient Apocalypse (PG) **1.30** Battlefield (PG) **3.30** Tanks **4.30** Battle 360 (PG) **5.30** Britain's Most Historic Towns (PG) **6.30** Time Team **7.30** WWII: Witness to War (M) **8.30** Tutankhamun: Life, Death and Legacy (PG) **9.30** The Blitz: Britain on Fire (PG) **10.30** Treasures Decoded (PG) **11.30** Hitler's Last Secrets (PG) **12.30am** Programmes continue

BBC Earth SKY 074

6.00 Elephant Hospital (PG) **6.50** Life Below Zero: The Thaw (M) **7.40** Where the Wild Men Are: Revisited (PG) **8.30** Building to the Sky (PG) **9.25** Trust Me, I'm a Doctor (PG) **10.20** The Dog Rescuers with Alan Davies (PG) **11.05** 24 Hours in A&E (PG) **11.55** Attenborough's Natural Curiosities (PG) **12.20** Serengeti (PG) **1.20** Building to the Sky (PG) **2.15** Elephant Hospital (PG) **3.05** Australia with Simon Reeve (PG) **4.10** Trust Me, I'm a Doctor (PG) **5.05** Life Below Zero (M) **5.55** Where the Wild Men Are: Revisited (PG) **6.50** The Dog Rescuers with Alan Davies (PG) **7.40** 24 Hours in A&E (PG) **8.30** Natural History Museum: World of Wonder (PG) Susie and Paul follow up a tip off about possible dinosaur footprints in Wales. **9.25** The Planets: Minisodes (PG) **9.30** Diagnosis Detectives (PG) **10.35** Serengeti (PG) **11.40** Australia with Simon Reeve (PG) **12.40am** Programmes continue

SoHo: A Discovery of Witches, 8.30pm

SKY SPORT

Sky Sport 1 SKY 051

6.00 UFC on Sky **6.30** Rugby Championship, Australia v All Blacks, replay from Marvel Stadium, Melbourne **8.30** National Provincial Championship, Canterbury v Northland, replay **10.30** Mainfreight Rugby **11.30** Inside Netball **Noon** Rugby Championship, Australia v All Blacks, replay **2.00** The Breakdown **3.00** Rugby Heaven **4.00** National Provincial Championship, Waikato v Southland, replay **6.00** Mainfreight Rugby **7.00** National Provincial Championship, Taranaki v Manawatu, from Yarrow Stadium, New Plymouth, **live** **9.00** Rugby Championship, Australia v All Blacks, replay from Marvel Stadium, Melbourne **11.00** 1st XV Rugby, National Boys Championship Final, replay **12.45am** 1st XV Rugby, National Girls Championship Final, replay **2.30** Gallagher Premiership, Bristol Bears v Bath, replay **4.25** UFC on Sky **4.55** Rugby Championship, Australia v All Blacks, highlights **5.25** Mainfreight Rugby

Sky Sport 2 SKY 052

6.30 Inside Netball **7.00** Farah Palmer Cup, Premiership Final, replay **9.00** Farah Palmer Cup, Championship Final, replay **11.00** Sky Speed **11.30** The Crowd Goes Wild **Noon** UFC on Sky **12.30** The Breakdown **1.30** ATP Uncovered **2.00** Rugby Heaven **3.00** Farah Palmer Cup, Premiership Final, replay **5.00** Farah Palmer Cup, Championship Final, replay **7.00** Mainfreight Rugby **8.00** Rugby Heaven **9.00** Sky Speed **9.30** Rugby Championship, Australia v All Blacks, highlights **10.00** Inside Netball **10.30** UFC on Sky **11.00** Rugby Championship, Australia v All Blacks, replay **1.00am** Rugby Heaven **2.00** The Breakdown **3.00** Mainfreight Rugby **4.00** DP World Tour, Italian Open, round 1, highlights **4.30** LPGA Tour, Portland Classic, round 1, highlights **5.00** Australian Off Road Championship, Rainbow Desert Enduro, highlights **5.30** UFC on Sky

Sky Sport 3 SKY 053

6.00 ATP Uncovered **6.30** Caribbean Premier League, Jamaica Tallawahs v St Kitts & Nevis Patriots, replay **10.30** Caribbean Premier League, Guyana Amazon Warriors v Trinbago Knight Riders, replay **2.30** Caribbean Premier League, Barbados Royals v Jamaica Tallawahs, replay **6.30** Chappell-Hadlee Series, Australia v Black Caps, 1st ODI, highlights **7.00** Chappell-Hadlee Series, Australia v Black Caps, 2nd ODI, highlights **7.30** Chappell-Hadlee Series, Australia v Black Caps, 3rd ODI, highlights **8.00** Caribbean Premier League, St Kitts & Nevis Patriots v St Lucia Kings, replay **12.00am** 2020 Australia v India, 1st test wrap **2.30** 2020 Australia v India, 2nd test wrap **5.00** 2020 Australia v India, 3rd test wrap

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SATURDAY

News and Weather 6.00, 8.00, 9.00, noon **6.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **2.00** Worlds of Music with Trevor Reekie **3.00** RNZ Concert Afternoons **5.00** Inside Out with Nick Tipping **7.00** RNZ Concert Evenings **8.00 Music Alive** NZCT Chamber Music Contest 2019 Final – Schulhoff: Five Pieces for string quartet (2, 3, 4, 5); Farr: Ahi (1, 2, 4); Bartók: Contrasts (1, 3); Shatford: Real Mature; Kodály: Serenade for two violins & viola (1, 3); Utting: Goodnight Kiwi, Sixteen Strings, Farr-Out Trio, Rerekē, Quartetto Maduro, Szerenád Trió, Virtuoso Strings Octet (recorded in Auckland Town Hall) **9.30 Sound Lounge** Contemporary music **12.00am** Music Through the Night

SUNDAY

News and Weather 6.00, 8.00, 9.00, noon **6.00** Sanctuary **7.30** Hymns on Sunday with Robyn Jaquiery **8.00** Grace Notes **9.00** RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** The Musical Omnivore with David Morriss **5.00** New Horizons with William Dart **6.00 Opera on Sunday** WFMT Opera Series 2022: Antonio Vivaldi's Bajazet – Gianluca Margheri (Bajazet), Francesco Giusti (Tamerlano), Niamh O'Sullivan (Asteria), Eric Jurenas (Andronicus), Rachel Kelly (Irene), Aoife Miskelly (Idaspe), Irish Baroque Orchestra/ Peter Whelan (recorded in Royal Opera House, London) **9.00** Made in New Zealand **11.00 New Music Dreams** Ryan Smith explores ambient and drone music **12.00am** Music Through the Night

Nicole Cabell, *Onstage*, Monday, 1pm.

MONDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00 Onstage** BBC Proms: Chineke! performs Beethoven's Ninth Symphony – G Walker: Lilacs; Beethoven: Symphony No 9 in D minor Op 125, Choral, Nicole Cabell (sop), Raehann Bryce-Davis (mezzo), Zwakele Tshabalala (ten), Ryan Speedo Green (bass), Chineke! Chorus/Kevin John Edusei (recorded in Royal Albert Hall) **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** NZSO: Eroica – A Ritchie: Remember Parihaka Op 61; Sibelius: Violin Concerto in D minor Op 47; Beethoven: Symphony No 3 in E flat Op 55, Eroica, Vesa-Matti Leppänen (violin), NZSO/ Miguel Harth-Bedoya (recorded in Michael Fowler Centre) **10.00** Day's End **12.00am** Music Through the Night

TUESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** NZTrio: Legacy 1 – Schumann: Six Studies in Canonic Form Op 56, Nos 1 & 2; Norris: Horizon Fields; Kapustin: Trio (1998); Beethoven: Piano Trio No 7 in B flat Op 97, Archduke; KIrchner: Zwiegesang, from Bunte Blätter Op 83, NZTrio (recorded in Auckland Concert Chamber) **10.00** Day's End **12.00am** Music Through the Night

WEDNESDAY

News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings **8.00 Music Alive** BBC Proms 2022: Philharmonia Orchestra and Jennifer Koh Play Tchaikovsky, Mazzoli and Prokofiev – Tchaikovsky: Swan Lake,

RNZ National

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NB: Programmes are subject to change

SATURDAY

6.08 Storytime **6.55** News 2 Me **7.08** Country Life **8.10** Saturday Morning with Kim Hill **12.10 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **1.06** Music 101 with Charlotte Ryan **5.00** The World at Five **5.30 Tagata o te Moana** Pacific news, issues, information and music **6.06 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **7.06 Saturday Night with Phil O'Brien** Requests, nostalgia and musical memories **12.04am** All Night Programme

SUNDAY

6.08 Storytime **7.10** Features Hour **8.06 Sunday Morning with Jim Mora** Including 9.06 Mediawatch **12.12 Standing Room Only with Lynn Freeman** Including 1.10 At the Movies 2.05 The Laugh Track **3.05** Classic Drama **4.06** The Arts Hour (BBC World Service) **5.00** The World at Five **5.10** Heart and Soul (BBC) **5.35 Te Manu Korihi** Māori news and issues **6.06 Māpuna with Julian Wilcox** Conversations with Māori throughout Aotearoa, from sports legends to business leaders, artists and community advocates **6.50** Voices **7.04 Smart Talk** Conversations recorded around Aotearoa and the world **8.06** The Sunday Night Retro Show with Phil O'Brien **10.00** News at Ten **10.15** Mediawatch **11.04** The Retro Cocktail Hour (KPR) **12.04am** All Night Programme

MONDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04 Nashville Babylon** Mark Rogers presents Americana, alt country, folk, soul and blues **12.04am** All Night Programme

TUESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** Worlds of Music with Trevor Reekie **12.04am** All Night Programme

WEDNESDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04 Inside Out** Nick Tipping presents classic recordings and modern masterpieces from the world of jazz. **12.04am** All Night Programme

THURSDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** Music 101 Pocket Edition **12.04am** All Night Programme

FRIDAY

5.00 First Up with Nathan Rarere **6.00** Morning Report with Corin Dann and Susie Ferguson **9.06** Nine to Noon with Kathryn Ryan **Noon** Midday Report with Māni Dunlop **1.06** Afternoons with Jesse Mulligan **3.45** The Panel with Wallace Chapman **5.00** Checkpoint with Lisa Owen **6.30** Trending Now **7.06** Nights with Bryan Crump **10.00** News at Ten **10.15** Lately with Karyn Hay **11.04** The Mixtape **12.04am** All Night Programme

Kate Hawkesby, 5am, weekdays, Newstalk ZB.

Suite; Mazzoli: Violin Concerto (Procession); Prokofiev: Romeo & Juliet Op 64, Jennifer Koh (violin), Philharmonia Orchestra/Santtu-Matias Rouvali (recorded in Royal Albert Hall, London) **10.00** Day's End **12.00am** Music Through the Night

THURSDAY
News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings
8.00 Music Alive APO: Power & Brilliance – Borodin: Prince Igor, Overture; Shostakovich: Violin Concerto No 1 in A minor Op 77; Bach: Sarabande, from Violin Partita No 2 in D minor, BWV1004; Bartok: Concerto for Orchestra, Ioana Cristina Goicea (violin), Auckland Philharmonia Orchestra/Alan Buribayev (recorded in Auckland Town Hall) **10.00** Day's End **12.00am** Music Through the Night

FRIDAY
News and Weather 6.00, 7.00, 8.00, 9.00, noon, 5.00pm
6.00 RNZ Concert Mornings **10.00** RNZ Concert Days **1.00** Onstage **3.00** RNZ Concert Afternoons **7.00** RNZ Concert Evenings
8.00 Music Alive BBC Proms 2022: Sibelius, Beethoven and Nielsen – Sibelius: Symphony No 7 in C Op 105; Beethoven: Piano Concerto No 4 in G Op 58; Nielsen: Symphony No 4 Op 29, The Inextinguishable, Jan Lisiecki (piano), BBC Scottish Symphony Orchestra/Thomas Dausgaard (recorded in Royal Albert Hall, London) **10.00** Day's End **12.00am** Music Through the Night

Newstalk ZB newstalkzb.co.nz

SATURDAY
6.00 Jamie McKay 700 D'Arcy Waldegrave 9.00 Jack Tame Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Roman Travers 12.00am Jim Snedden

SUNDAY
6.00 Peter Wolfkamp 9.00 Francesca Rudkin Noon Sportstalk 3.00 Tim Roxborogh & Tim Beveridge 6.00 Frank Ritchie & Jax van Buuren 7.30 John Cowan 8.00 Miles Davis 11.00 The Nutters Club 1.00am Roman Travers

MONDAY-FRIDAY
5.00 Kate Hawkesby 6.00 Mike Hosking 9.00 Kerre Woodham Noon Simon Barnett & James Daniels (Andrew Dickens on Monday) 4.00 Heather du Plessis-Allan 7.00 Sportstalk 8.00 Marcus Lush 12.00am Roman Travers/Tim Beveridge

Today FM todayfm.co.nz

SATURDAY
6.00 Nigel Yalden 9.00 WellBeings with Dominic Bowden Noon Robett Hollis 2.00 Sport with Marc Peard & John Day 6.00 Saturday Night Live

SUNDAY
6.00 Best of Tova & Lloyd Burr Live 7.00 Build & Design with Hamish Dodd & Stan Scott 9.00 Mel Homer Noon Dave Letele & Nats Levi 2.00 Graeme Hill 7.00 Podcast Playout 8.00 Polly Gillespie

MONDAY-THURSDAY
5.00 Rachel Smalley 6.30 Tova O'Brien 9.00 Duncan Garner Noon Leah Panapa & Mark Richardson 4.00 Lloyd Burr 7.00 Graeme Hill (Wilhelmina Shrimpton on Monday) 8.00 Polly Gillespie 12.00am Today FM Late

FRIDAY
As above until evening 7.00 Podcast Playout 8.00 Friday Night Nickson 12.00am Today FM Late

Classical Listening

by ELIZABETH KERR

Hammering it home

Humanity's race to disaster is captured in John Psathas' high-impact, visceral *Leviathan*.

"*Leviathan*," says composer John Psathas, "is as mega as they come." He's referring to his second percussion concerto with Orchestra Wellington for 2022, programmed for a New Zealand premiere this month. In May, the delicacy of Psathas' *The All-Seeing Sky* for double percussion and orchestra, featuring virtuosic Swiss percussionists Fabian Ziegler and Luca Staffelbach, enchanted audiences in Christchurch and Wellington.

What's the difference between the two concertos? *Leviathan*, for German percussion soloist Alexej Gerassimez, is, Psathas tells the *Listener*, "a sledgehammer to the sumi brush of *The All-Seeing Sky*. It's ambition is to be vast, high-impact, visceral, exploding with colour, and confronting. The *All-Seeing Sky* is introspective, modest in its palette, and subtler in expressive and dynamic range."

Leviathan was commissioned for Gerassimez as part of the intriguing Beethoven Pastoral Project, timed for Beethoven's 250th birthday by UN Climate Change with BTHVN2020. The project's declaration included the following statement: "We, musicians, artists and creatives of planet Earth, offer our artistic and musical creativity, and our own actions, as signs of our determination to be part of the solutions to current planetary challenges."

While composing, Psathas had with him a portrait of Beethoven seated outdoors. He wonders what the composer of the *Pastoral Symphony* would make of the current state of our natural world. "The opening movement, *Hightailin' to Hell*, evokes the human race's out-of-control race to disaster," he wrote in *Leviathan*'s programme note. "There's almost a party-like atmosphere, as if we're dancing at the end of the world."

Psathas' global connections, with virtuosi such as Gerassimez, combine in this work with his resolve to make a difference through music. *Leviathan* was premiered in several concerts in Germany in 2021. The final movement's title, *A Falcon, A Storm, or A Great Song?*, comes from a poem by Rainer Maria Rilke, which includes the lines, "I live my life in widening circles/that reach out across the world."

"There's almost a party-like atmosphere, as if we're dancing at the end of the world."

Psathas returns in *Leviathan* to the driving, percussion-soaked music that has contributed to his international reputation. He believes the positive, hopeful finale is "true to the spirit of Beethoven in its strength and purpose. Music of steel and drums and momentum – and determination." ▮

Leviathan, Orchestra Wellington, with Marc Taddei (conductor) and Alexej Gerassimez (percussion), music by Wagner, Psathas and Schumann, Wellington, September 17, recorded by RNZ Concert for later broadcast.

ROBERT CROSS

GREG DIXON

A pair of city slickers

Aren't they smart, these old shoes of mine? I vaguely recall buying them on Queen St in Auckland somewhere between 10 years and half a lifetime ago.

I find it almost inconceivable now that I, a wearer of gumboots in all seasons, once thought myself enough of a larky boulevardier that I would purchase for myself a pair of dark maroon, patent leather shoes. Who did I think I was? Oscar Wilde? What a fop I must have been, what a thoroughly shameless poseur.

I came across these artefacts from another life the other week while searching for something else. I found the poor dears covered in dust at the very back of a spare cupboard, hidden by a crowded rack of old clothes we no longer wear, and behind a cardboard box filled with dead moths, out-of-date travel catalogues and old photo albums.

There is, I suppose, no surprise in such discoveries. The older one gets, the more stuff one has accumulated, so the more likely one is to disturb ghosts while rooting around in cupboards. What are spare wardrobes but melancholy places where all the previous versions of ourselves hide in the darkness?

After finding the shoes, I did wonder what other forgotten items of questionable sartorial sense might be lurking in there. I looked for, but sadly couldn't find, a black linen shirt that had the most tremendous ruffles on the front of it. I can't believe I ever wore this, either, nor that I haven't kept it; it cost a fortune.

Sadly, too, I did not come across the pair of toffee-coloured boat shoes that often adorned my feet in the late 1980s. I used to wear them with my pants rolled up to my ankles, pastel pink or lime Lacoste shirts and a jacket with very wide shoulders. Who did I think I was? Don Johnson in *Miami Vice?*

Nor did I find my old, much-worn army surplus jacket. This would have been quite a cool garment – if only it hadn't had the decidedly uncool army unit "11th Dental" stencilled on the back. Still, I sported that one for an entire decade, continuing to wear it even after someone who'd actually served in the 11th Dental came up to me and inquired when I had been in the unit, and I had to admit, my face going from pink to puce, that no, I hadn't served in the 11th Dental, though I had been in the Scouts.

I did find several other old jackets which I seem to have kept for sentimental reasons, though I no longer recall what those reasons are, including a hideous brown leather one which, when I put it on, made me look like Jeremy Clarkson.

The shoes, then, were the only remotely interesting item discovered. But nothing in either my old or (semi) new wardrobes, with the possible exception of a black suit, appears to go with them. This is probably just as well. Masterton is not really the sort of place a bloke can get about in dark maroon patent leather shoes without drawing stares or comments or threats.

What, then, shall I do with them, this pair of smart old shoes I shall never, ever pop on again? I think I might put them back in the back of a cupboard to gather more dust. That way I can rediscover them in the years to come, and perhaps marvel once again that I ever dared wear such things.

Relics of an era: the shoes from the back of the cupboard.

GREG DIXON

Masterton is not really the sort of place a bloke can get about in dark maroon patent leather shoes.

Scenes from a marriage, part 3498: In the kitchen of Lush Places, Michele is preparing dinner, a really quite delicious chilli con carne made with lots of black coffee. Greg, meanwhile, is pouring himself a drink.

"Do you know," Greg says cheerfully, "that this very year, we have been together 25 years? That's a quarter of a century!"

"So *you* say," comes the snippy reply.

Might this be the secret to a moderately successful, long-term relationship? To pretend that you aren't in one at all? ▮

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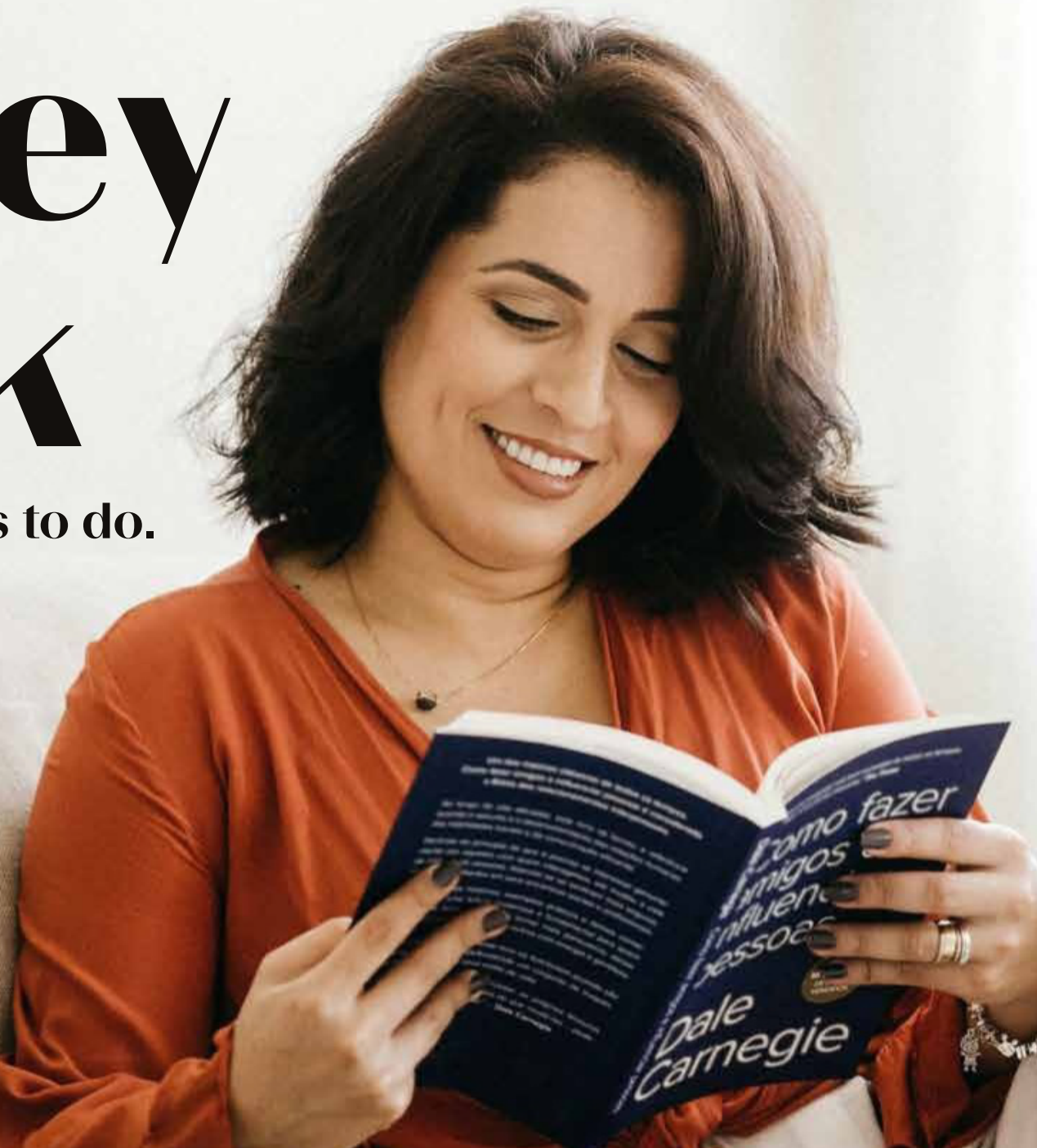

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